



Carnival of sport in park

Event includes tennis, taekwondo and canoeing

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Know your representatives

How you can get in touch with the Mayor and councillors

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The younger graduates

Nursery leavers go out in style with ceremony

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ISSUE 970 29 JULY - 4 AUGUST 2013

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Eight parks receive prestigious award

BY RAJU MIAH

THE borough's parks have again been recognised as some of the best open spaces in the country.

Eight parks looked after by the council receive the prestigious Green Flag Awards, announced to celebrate Love Parks Week.

Island Gardens, Victoria Park, Millwall Park, St George's Gardens, King Edward Memorial Park, Mile End Park, Trinity Square Gardens and Weavers Fields were all recognised for maintaining the highest possible standards and providing excellent facilities for everyone to enjoy.

Mayor Lutfur Rahman said: "This is a proud moment for our parks to be nationally recognised.

"Our parks and open spaces are a vital part of the community, providing essential play and leisure facilities, and I am delighted the parks have retained the Green Flag status this year.

"I hope this will encourage even more residents to enjoy our parks over the summer."

Cabinet member for culture, Cllr Rania Khan, added: "A lot of hard work from council staff has gone into maintaining our award-winning status for the past few years.

"This national recognition is

a testimony to our dedication to providing high quality spaces."

Cabinet member for environment Cllr Shahed Ali added: "Our parks are important to our residents and we have invested heavily to make them a place for people to enjoy.

"I am extremely pleased with the number of awards we have received."

The Green Flags are given by environmental charity Keep Britain Tidy and scheme manager Paul Todd said: "Quality green spaces are absolutely es-

sential to happy, healthy communities."

As part of Love Parks Week, Victoria Park is inviting families to A Great Day Out, a fun-filled festival on Saturday, August 3 from 11am-5pm.

Attractions include donkey rides, giant land orbs and den-making.

To join the fun, enter the park through Crown Gate East in Grove Road, Bow.

For more information, visit www.towerhamlets.gov.uk/parks



The Pavilion Café in Victoria Park is one of the many brilliant attractions in the borough's green spaces

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It's all covered

Read our full coverage of local sports clubs from cricket to boxing and water sports to rugby.

SEE PAGES 33-36



Taking up a sporting challenge

The sporting carnival was part of the Sports & Play Festival 2013 – a partnership between the council's sports development team and parks service. For listings of all events during the festival visit...

WWW.TOWERHAMLETS.GOV.UK

News

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Olympics celebrated at sporting carnival

BY RAJU MIAH

HUNDREDS of families turned up to a sporting carnival last weekend at Mile End Stadium to re-live the success of last year's Olympics and Paralympic Games.

The carnival on Saturday, July 20 gave residents of all ages the opportunity to try something new. Tennis and basketball were among some of the sports on offer, as well as more adventurous activities such as wall climbing, canoeing and taekwondo.

The sound of steel drums echoed through the venue with entertainment provided by some of the borough's best young talent, including dance group IMD. The aim of the day was to celebrate the sporting and cultural aspects of the London 2012 Games, increase sporting participation and promote healthy lifestyles.

Cabinet member for culture, Cllr Rania Khan said: "The atmosphere was spectacular. I was impressed with the talent and participation from young people and I encourage more families to attend the next events."

For more information call the sports team on 7364 3214 or visit www.towerhamlets.gov.uk/sports

A Sports & Play Festival is being held at Bethnal Green Gardens in Cambridge Heath Road on Tuesday, July 30 from 11am-3pm – all are invited.



Nicole, 5, having fun



(Left) Faycal, 5, tries wall climbing, (centre) George, 7, canoeing, and Cllr Rania Khan



Shen playing basketball with Matthew, 10



Dylan, 10, tries out rowing

Inside this week's issue

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Illustrious 300-year history

St Anne's Church, Limehouse was built by Nicholas Hawksmoor between 1714 and 1727. It has a long connection to the Royal Navy – its clock chimed every 15 minutes to guide ships into the docks.

WWW.STANNESLIMEHOUSE.ORG

Welcome visitors

As well as inspiring children's storybook characters, hedgehogs also eat garden pests including slugs and snails.

SEE BELOW

News

Raising a glass to baby prince

BY LARAINÉ CLAY

EAST Enders have been toasting the arrival of the new Royal prince born last Tuesday, July 23.

Residents of Silk Court care home in Bethnal Green raised a glass of Buck's Fizz to wet the baby's head, while white wine and champagne were on special offer for customers at the George pub in Glengall Grove, Isle of Dogs on Sunday.

Pub owner Patrick Burns said: "We have been celebrating all week."

And commenting on the baby prince's name – George Alexander Louis – he said: "It's a nice name, I like all the names. It's given us something to be proud of."

At Silk Court in Ivimey Street, resident Breda Ordell, 80, said she thought proud parents William and Kate would

choose James or Richard.

"Kate should make the most of enjoying George while he is still young," Breda said.

Jean Fuller, 85, said she thought George was a very good name for a future king while Vera Welch, 87, said of the 8lb 6oz baby: "What a whopper! I hope William and Kate will get to spend lots of time with him growing up."

Over at the George Tavern in Commercial Road, Stepney, landlady Pauline Forster said she expected the baby's name would go down well with locals.

"We should be able to sell a few more pints as well," she laughed.

The Tower of London marked the birth of Prince George of Cambridge with a 62-gun salute by the Honourable Artillery Company from Gun Wharf at 2pm on Tuesday.



Residents at Silk Court toast the birth of Prince George

News in brief

Pop-up diner

A RESTAURANT will be popping up in the old Bow Town Hall for one night only, this week.

RockaDollarDining will be offering a five-course set menu at The Mayor's Parlour, a new arts venue in the 1930s building, on Saturday, August 3.

Go to www.facebook.com/RockaDollarDining

Free film workshop

JOIN in a fun workshop this summer when Cornucopia Theatre returns to Shadwell to teach film skills to young people aged 12 to 18.

Exploring Shakespeare's play A Midsummer Night's Dream, the free workshops will include techniques of acting for the camera, film crew roles and how to do voice-overs.

They are being held in Glamis Residents' Hall in Cable Street and locations nearby on August 12, 13, 14, 19 and 20 from 10am-5pm.

Call Mark Duncan on 07906 178158 or email cornucopia.theatre@googlemail.com

Benefits action

A PUBLIC meeting is being held on Tuesday, July 30 to discuss how to stop landlords from evicting tenants affected by the new changes to benefits.

It takes place at St Margaret's House, Old Ford Road, Bethnal Green from 6pm, and follows a day of action planned for last Saturday, July 27 outside Idea Store Bow.



Keep count of prickly visitors

THE council is calling on residents to keep their eyes peeled for hedgehogs, in a bid to help conserve the prickly creatures.

Once a common and familiar animal found in gardens across the country, hedgehog numbers have declined alarmingly in recent years and it is thought they could become an endangered species in the next decade or so.

Factors such as increased traffic, changing trends in gardening – including increased use of slug pellets and more fences between gardens – and the increase in urban foxes may have played a part in the decline.

Hedgehogs were a common

site on the Isle of Dogs, especially around Mudchute Farm, and in Victoria Park until just a few years ago. In the last three years, however, only three sightings have been reported; two in 2011 and one in 2012.

As they are primarily active at night and mainly found in gardens, the council's biodiversity team is relying on residents to keep an eye out and report any hedgehog sightings.

If you have seen a hedgehog in the borough in the last two to three years, or have noticed that you no longer see them in your area, contact 7364 7478 or email john.archer@towerhamlets.gov.uk

Waterways warning

FAMILIES are being reminded to stay safe near canals and rivers as the hot weather continues.

There have been several incidents of drowning across the country in recent weeks and the Canal & River Trust is urging people to stay out of the waterways.

Annette Simpson, education manager at the trust, said any open body of water may have hidden dangers under the surface and may be deep and cold, which can quickly cause someone to get into trouble.

St Anne's is a classic

A CHURCH in Tower Hamlets has been named as one of the nation's favourites, as part of a survey conducted by the National Churches Trust

For its 60th anniversary celebrations, the trust asked 60 people from the world of politics, entertainment, journalism and academia to choose their favourite church.

Admiral the Rt Hon Lord West of Spithead, nominated St Anne's in Limehouse.

He said: "It is a classic

Hawksmoor church which has been lovingly restored over the past 10 years with still more to do."

Lord West is patron of the restoration appeal and of the Docklands Sinfonia Orchestra, a non-professional orchestra of youngsters which rehearses and performs concerts in the church.

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Safety cash boost

The council has allocated an additional £100,000 this year to improving and promoting cycle safety in the borough.

WWW.TOWERHAMLETS.GOV.UK



A great opportunity to swap places

"It's really important people are aware of how difficult it can be for lorry drivers to see pedestrians and cyclists. Exchanging Places is the perfect way for us to show the risks."

SIMON CASTLE, MET POLICE CYCLE TASK FORCE

News

Actions for cycle agenda

EXPERTS came together last week to discuss improving cycle safety in the borough at a workshop held by the council.

More than 30 representatives from cycling user groups and agencies involved in cycling attended the event held at Idea Store Whitechapel.

Discussions included reviewing cycle routes, issues faced by cyclists, training provision, and the workshop identified a number of solutions.

These suggestions are now being built into the council's forward programme for cycling.

Cllr Ohid Ahmed, Deputy Mayor, said: "The workshop proved to be really constructive and the outcomes will help shape future cycling agendas."

Contact travel officer Robert Morton at robert.morton@towerhamlets.gov.uk.

Cyclists see a different view

BY SARAH MCLAUGHLIN

CYCLISTS had the chance to change places with lorry drivers to help them stay safe on the roads.

Officers from the council's transport and highways team joined forces with the police to organise the Exchanging Places event at Bonner Bridge, Victoria Park.

Cyclists were given the opportunity to sit inside an HGV cab to see the road from the driver's perspective and understand the danger spots around lorries.

There was also an explanation of the risks of cycling too close to HGVs, especially while in front or on the near-side of the vehicles. Even with additional mirrors, visibility is poor when



cyclists are on the near-side. The problem is often exacerbated at junctions where cyclists can move down the side of the vehicle. They may feel they are safe as the lorry has left them plenty of room, when in fact drivers often move across to allow for a large turning circle.

Mayor Lutfur Rahman said: "With the recent sad death of the young cyclist in Aldgate, we need to continue to do all we can to improve the safety of cyclists on our roads. Giving cyclists the chance to change places with a

lorry driver is a great way to raise awareness and I hope it will have a real impact."

Cllr Ohid Ahmed, Deputy Mayor, said: "Cycling in Tower Hamlets continues to grow in popularity, especially with the cycle hire scheme so readily available. It's important to raise safety issues with all cyclists."

Free cycle maintenance checks and cycling accessories were also provided and responsible cycling behaviour was promoted at the event.

For more information on cycling in Tower Hamlets, including free adult cycle training sessions, visit the website at www.towerhamlets.gov.uk/cycling

To find out about future Exchanging Places visit www.tinyurl.com/ExPlaces



Cyclists had the chance to see the road from a lorry driver's perspective at the Exchanging Places event held recently



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Giving to a genuine cause?

The Charity Commission's Safer Giving campaign runs throughout the year and works through community networks. Advice on Safer Giving this Ramadan can be found on its website at...

WWW.CHARITYCOMMISSION.GOV.UK

Keeping the peace

THEOs attended to 1,412 complaints about noise between October 2012 and this April.

SEE BELOW

News

Residents are urged to give safely to charity

RESIDENTS making charitable donations during Ramadan are being encouraged to make sure they only give to organisations which are registered with the Charities Commission.

The advice was issued as part of the commission's Safer Giving campaign after it was made aware of scam appeals, which tricked people into believing that they were donating to a genuine cause.

If residents are approached by fund raisers, they should check they have a licence from the police to collect funds in a public place.

The Charity Commission also recommends caution when responding to emails or clicking links to a charity's website.

It advises that it is safer to search online for a chosen charity and ensure that the website address accessed is legitimate.

A spokesman for the Council of Mosques in Tower Hamlets said: "Muslims donate millions of pounds during Ramadan to charities at home and abroad.

"We echo the commission's statement that 'their generosity is not abused'.

"We also urge all mosques and Islamic centres to implement the guidance and utilise the excellent resources available from the Charity Commission website."

To check the validity of a charity's name and registration number before donating, visit www.charitycommission.gov.uk



THE Hub at Victoria Park hosted a tea dance with a Cockney twist for older people last Wednesday, July 24 as part of the Cockney Heritage Festival. Organised by the council and the Cockney Heritage Trust, the event offered a good old-fashioned knees-up. Pictured above are Pearly Queens Christine (left) and Doreen tucking into pie and mash.

News in brief

Love your park

A PERSONAL development coach who uses Victoria Park as her 'consultation room' is offering free taster sessions to celebrate Love Parks Week this week.

Karen Liebguth, who founded Green Space Life Coaching, based in Bethnal Green, will run free 30-minute life coaching sessions in the park from 10am-1pm on Saturdays, July 27 and August 3.

Booking is essential – email karen@greenspacecoaching.com or call 07815 591279.

Recruitment drive

HEALTHWATCH Tower Hamlets is recruiting new members of the board and advisory group. Download a recruitment pack at www.healthwatchtowerhamlets.co.uk or call 8223 8922 or 0800 145 5343. The deadline is August 2.

Praise for THEOs after court fine

BY POPPY TURNER

A MAN has been fined a total of £205 for anti-social behaviour, including playing loud music, after the council took legal action against him.

Thames Magistrates' Court fined Joshua Warren, 21, £75 for obstructing officers in the course of duty and £50 for disorderly behaviour. He was also ordered to pay £50 in costs and a £20 victim surcharge. Warren had pleaded guilty to the charges and admitted he had been threatening and abusive to two

Tower Hamlets enforcement officers (THEOs) investigating a complaint of noise nuisance at Jeremy Bentham House, Bethnal Green.

The court heard how on December 11 last year, two THEOs had responded after a neighbour complained of bass-thumping music that was so loud it caused furniture in his house to vibrate.

When the THEOs went to investigate, they were confronted by Warren, who swore at them and threatened them.

He failed to provide identification when asked, then grabbed a bottle of alcohol from the

house and ran off, threatening the THEOs throughout the incident. The THEOs called for police back-up and he was later stopped at Bethnal Green Station and told he would be charged.

Mayor Lutfur Rahman said: "This man was causing alarm, harassment and distress to people. The THEOs are a special task force that was specifically set up to tackle this kind of anti-social behaviour."

Deputy Mayor Cllr Ohid Ahmed said: "We will not stand for anti-social behaviour in our borough and will prosecute offenders wherever possible."

20 years in prison for Brick Lane attacks

A MAN convicted of violent assault after attacking three people in Brick Lane has been jailed for 20 years.

Daniel Watkins, 22, of New Union Close on the Isle of Dogs was found guilty on April 26 of

attempted murder, grievous bodily harm, possession of an offensive weapon and the assault on a cyclist, and sentenced on July 18.

A 17-year-old from the E14 area, who cannot be named, was found guilty on May 3 of two

counts of grievous bodily harm and one of common assault.

The charges relate to offences in the early hours of May 4 last year when the pair confronted two men in Brick Lane and later a third man. Watkins stabbed one of the pair nine times.

LANDLORDS AND MANAGING AGENTS NEEDED!

Tower Hamlets Homefinder is a new service launched by the council which provides two schemes for landlords and Managing Agents.

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Improve your cycling

Free cycling training for children aged seven to 11 and their parents starts in Mile End Park on August 11. Sign up at...

CYCLING@TOWERHAMLETS.GOV.UK



A first for the capital

The ReachOut scheme has been working with children aged nine to 18 since 1994, providing mentoring and team activities. The Bishop Challoner project is the first of its kind in London.

WWW.REACHOUTUK.ORG

Schools news

A MEDICAL graduate went back to his former school to thank his teachers for their support.

Sadek Ahmed graduated from Queen Mary, University of London, where he studied after leaving Swanlea School in Whitechapel in 2005.

He particularly wanted to thank his former science teacher, George Theodosi. Sadek, who was the first in his family to go to university, said: "When I think back on my time at Swanlea, I remember great teaching, great support, lots of work, and coming in on Saturdays to attend the extra classes."



"I would never have even thought to go into medicine if it had not been for the encouragement and faith of my teachers."

Mr Theodosi said: "I am so proud of Sadek's accomplishment, and am very touched he has come back to visit Swanlea and share his success with us."

Mentor project's slap-up finale

SIX months of hard work by year 10 pupils at Bishop Challoner School culminated in an evening of fine dining and entertainment for their friends, family and teachers.

The youngsters, who are part of the ReachOut Junior Mentors Project, served a delicious three-course meal they devised, tested and cooked.

They also performed a play about gang violence, based on the true story of a boy from their school.

The ReachOut Junior Mentors Project is the first of its kind in

London, pairing young people with mentors who help build their confidence, skills and experience through challenging projects.

Eventually they will have the opportunity to become mentors themselves and support children on other ReachOut projects.

Shawkat Hussain, who took part in the project, said: "ReachOut has changed my way of thinking about the future. I met mentors who work in banks and thought 'I could do that'. I'd like to be a mentor one day."

Visit www.reachoutuk.org for more information.

We're planting poppies for centenary of WWI

BY LARAIN CLAY

A FORMER East Ender is hoping to mark the centenary of the outbreak of World War I next year by encouraging people to plant poppies around the world.

And one of the first to take up the challenge are children at Mayflower Primary School in Poplar.

Stanley Kaye, 59, has started a campaign on Facebook and has already had responses from as far afield as Australia and New Zealand, and the World Scouting Association.

"Next year is 100 years since the outbreak of World War I and I thought to myself what a good idea it would be if everyone bought a packet of poppy seeds and scattered them," said Mr Kaye, who was born and brought up in Burdett Road, Mile End,



Stanley Kaye with Mayflower head teacher Dee Bleach and Moriom, Vikki, Oscar and Habib

but now lives in Peterborough.

"This time next year, when they flower, we will all be looking at poppies in remembrance of those who fell during the war."

He had already been in touch with Mayflower Primary about

another project and they invited him to the school on July 19 to scatter seeds in the garden.

Head teacher Dee Bleach said she was impressed by Mr Kaye's campaign to create an interest in the centenary of WWI.

Mayflower was built to replace the former Upper North Street School that was bombed during the Great War and Ms Bleach said pupils would be learning about the conflict in history lessons next year.



Jon Moll from the Maze Partnership, and John Rymell from the council with the newly awarded Cycle Champions in their distinctive yellow jerseys in Mile End Park

Champions celebrate cycling success

CYCLE Champions from five schools had the chance to spend a day with British Cycling BMX coach Paulo Cotrim, at the BMX track in Mile End Park, to celebrate the success of cycling in schools.

The day was organised by Maze Partnership, which works with the council and Tower Hamlets Youth Sport Foundation to provide cycle train-

ing in the borough's schools. Cycle Champions are named in each participating school to be role models for other students, both on the road and in the classroom.

At the end of the school year Cycle Champions from Virginia, Bangabandhu, John Scurr, Arnhem Wharf and Seven Mills primary schools were invited to the park to celebrate their achievements.

A TEAM of maths boffins from Hermitage Primary School won the Maths League final inter-schools competition held at the school on July 10.

Hermitage is part of the Wapping and Shadwell Maths League, which includes Bigland Green, St Peter's and St Mary's & St Michael's primary schools and has been running maths competitions for pupils at key stage 2. Hermitage Primary won their league this year and went on to compete win the final against two other maths leagues – Stepney Green and Poplar.



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Help with the cost of higher education

"It's great to see how popular the Mayor's Higher Education Award is proving to be among local people. I believe it is vital for our youngsters to be given every possible help in reaching their goals."

MAYOR LUTFUR RAHMAN

Tickets up for grabs

Win tickets to the acclaimed LIMBO circus show at London Wonderground Festival on the South Bank.

SEE PAGE 21

News

Applications flood in for mayor's grant

THE clamour for the new Mayor's Higher Education Award continues, with more than 300 applications received so far.

For the first time, the council is distributing bursaries totalling £600,000 to help local youngsters with the cost of university. It will give 400 grants, each of £1,500, to young people starting higher education in the 2013/14 academic year.

Since the application period opened earlier this month, 324 enquiries have been received.

They are not allocated on a first-come first-served basis – if more than 400 are received by the October 11 closing date, they will all be judged and allocated by certain criteria, so students yet to apply are being encouraged to do so.

Applicants can find all the details and the application form at www.towerhamlets.gov.uk/higher or for more information call 7364 5001 or email benefits@towerhamlets.gov.uk



YOUNGSTERS at Spitalfields Children's Centre enjoyed a traditional graduation ceremony (pictured above) to mark their departure on to primary school. Eleven of the 14 children aged three to five who are leaving the nursery took part in the ceremony on July 19 when they were presented with a graduation teddy bear and a certificate by manager Helen Lain.

Lorry driver guilty of killing cyclist

BY LARAIN CLAY

A LORRY driver was given a suspended prison sentence after pleading guilty to killing a cyclist at the Bow roundabout in October 2011.

Brian Dorling, 58, from Hounslow died in the accident as he cycled to work at the Olympic Park in Stratford on October 24. He was pronounced dead at the scene, having suffered multiple injuries.

David Cox, 49, of Chalfont St Giles, Buckinghamshire, was sentenced to 24 weeks imprisonment, suspended for 12 months, at Inner London Crown Court on July 22 after



Brian Dorling

admitting causing death by careless driving. He was also disqualified from driving for two years and ordered to do 100 hours of community service.

Police investigators said Mr

Dorling was following the blue cycle lane across the roundabout when he was hit by the fully laden tipper truck as it turned left on to the slip road of the northbound A12.

Less than a month later 34-year-old Svitlana Tereschenko from Bow was killed on the roundabout in a similar accident with a lorry.

Detective Sergeant Helen Lambert from the Met Police road death investigation unit said: "Brian Dorling's family have been left devastated by his untimely and sudden death.

"This was a tragic incident... it highlights the vulnerability of cyclists who ride alongside large vehicles."



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TOTAL POLICING

In a non-emergency, including anti-social behaviour (ASB), call 101

Call 101 to report anti-social behaviour (such as those outlined below) or a crime that has already happened or to seek crime prevention advice.

- Nuisance, rowdy or inconsiderate neighbours
- Vandalism, graffiti and fly-posting
- The buying or selling of drugs in public
- Street drinking
- Environmental damage including littering, dumping of rubbish and abandonment of cars
- Prostitution related activity
- Begging and vagrancy
- Fireworks misuse
- Inconsiderate or inappropriate use of vehicles

D.I.A.L.
Direct. Information. Accessible. Local.
101
TO CONTACT THE POLICE

Always call 999 when a crime is happening, someone suspected of a crime is nearby, someone is injured, being threatened or in danger.

Calls to 101 from landlines and mobiles cost 15 pence per call, no matter what time of day you call or how long your call lasts.

To contact your local SNT please visit www.met.police.uk/TowerHamlets

To receive our newsletters sign up for our group email service at www.neighbourhoodlink.met.police.uk

Follow us on Twitter @MPSTowerHam



Proposal to ban khat for personal use

The government has announced it intends to ban khat for personal use. Under proposed rules, it will become a class C drug, with penalties for possession similar to those for possessing cannabis.

SEE BELOW

Useful information

Better summer for everyone

News from the council's community safety team

AS the hot weather continues, the council and its partners have been stepping up efforts to tackle anti-social behaviour and ensure that residents have an enjoyable summer.

The annual Lovebox music festival took place at Victoria Park last weekend, and at its peak there were 30,000 people on site. Despite this, there was very little visible trouble.

Tower Hamlets enforcement officers (THEOs) were out in force, patrolling and working with the police to ensure revellers stayed safe and residents could go peacefully about their daily lives.

The THEOs tackled a number of unlicensed traders, including ticket touts, some selling helium balloons and others unofficial lanyards.

Another had opened a pop-up 'café' and was selling soft drink and fast food from his back garden. After being challenged by the THEOs and refusing to stop trading, he was again challenged and eventually prosecuted for trading without a licence.

Over the course of the festival, the THEOs issued 48 fixed penalty notices for offences such as street urination, reported eight offences to the police, and required four people to surrender alcohol to them.

Another problem often associated with warm weather is noise nuisance, as sunny days encourage people to open their windows wider and spend more time outside.

In one recent case, a man was fined a total of £205 for a range of anti-social behaviour after the council took legal action against him.

The prosecution followed a report of noise nuisance at an address in Bethnal Green, where the complainant said that someone next door was playing bass-thumping music



so loudly that it was vibrating the furniture in his house.

If you experience noise nuisance, call the council's reporting line on 7364 7070. During the hours of 9am-5pm, Monday to Friday, and 8pm-3.30am, Thursday to Sunday, an officer will attend the scene, and outside those hours an officer will respond the next working day, or as soon as possible thereafter.

Earlier this month the borough's seventh annual Drug Awareness Week took place, which saw more than 40 education workshops and open days happening across the borough.

There were events for both residents and practitioners, which aimed to raise the profile of the free drug treatment services that are available in Tower Hamlets.

There were community-based sessions at several youth centres, primary and secondary schools, and targeted outreach activities at homeless hostels and in Whitechapel Market.

One event for the Somali community attracted more than 40 residents and professionals. The session focussed on the effects and impact of substance misuse, including khat, on individuals and the community, and referral routes into treatment.

The use of khat, a plant-based stimulant that people chew, has become an important issue recently, after the government announced its intention to ban it for personal use. Under the proposed rules, khat will become a class C drug, with penalties for possession similar to those for possessing cannabis.

For more information about the classifying of khat, residents can contact drug agency Nafas on 7377 0676.

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Chapel, 139 Cannon Street:

Mon-Fri 9am-8pm,
Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor).

To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 (or 25 for those with additional needs) including helping parents and carers find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14. fis@towerhamlets.gov.uk 7364 6495

Tower Hamlets Home Birth Support Group

Last Thurs of each month, 8pm. 31 Ridgale Street, E3. 8981 1159

Parents Advice Centre (PAC)

Offers impartial advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-1pm. 7364 6489

LinkAge Plus

Toynbee Hall is one of five network centres that co-ordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1

7392 2914

www.toynbeehall.org.uk

Welfare advice

All the organisations listed below can help you with welfare benefits, housing and general debt problems.

Account 3

1-9 Birkbeck Street, E2. 7739 7720 www.account3.org.uk

Bangladesh Youth Movement

21-23 Henriques St, E1. 7488 1831/2

Bromley by Bow Centre

St Leonard's Street, E3. 8709 9737 www.bbbc.org.uk

Citizens Advice Bureau (CAB)

32 Greatorex Street, E1. 7247 1050 www.adviceguide.org.uk

Island Advice Centre

Island House, Roserton Street, Isle of Dogs, E14. 7987 9379 www.island-advice.org.uk

Legal Advice Centre

University House, 104 Roman Road, E2. 8980 4205 www.legaladvicecentre.org.uk

Limehouse Project

Cheadle Hall, Cheadle House, Copenhagen Place, E14. 7538 0075 www.limehouseproject.org.uk

Praxis (New Residents Service)

Pott Street, E2. 7729 7985 www.praxis.org.uk

Tower Hamlets Law Centre

(specialist advice by appointment and evening legal advice sessions). 214 Whitechapel Road, E1. 7247 8998 www.thlc.co.uk

Debt advice

Toynbee Hall Advice Service

28 Commercial Street, E1. 7392 2953 advice@toynbeehall.org.uk www.toynbeehall.org.uk

Fair Money Advice

530 Commercial Road, E1. 7702 8032 www.fairfinance.org.uk

Island Advice Centre

Island House, Roserton Street Isle of Dogs, E14. 7987 9379 www.island-advice.org.uk

National Debt line

0808 808 4000 www.nationaldebtlife.co.uk

Step Change Debt Charity

0800 138 111 www.stepchange.org



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name

Address

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Making a Big difference

The Big Issue was established in 1991 and has paved the way for street papers in Europe, South Africa and Australia. Its investment arm, Big Issue Invest, supports more than 150 social businesses.

WWW.BIGISSUE.ORG.UK

Supporting parents

The council has delivered around 75 parenting programmes in the borough this year.

SEE BELOW

News

THE Chinese Independent School of Tower Hamlets held its 30th graduation ceremony at Mulberry School in Stepney to celebrate students' achievements and success. The morning included a lion dance, kung fu, music from Liz Liew, and singing and dancing by students (right). The school was established in 1983 and teaches Mandarin and Cantonese to anyone else interested in learning the languages – for more information visit www.cis-london.co.uk



Big Issue's Bird inspires social entrepreneurs

THE founder of The Big Issue magazine spoke about his deprived childhood and early criminal life when he was went to St Hilda's East Community Centre in Bethnal Green.

John Bird described how he used to have to beg on the streets and how, by the age of 15, he had spent three years in a prison for juveniles.

But it was there that he learned to read: "There was this prison officer who told me to underline all the words that I didn't understand and that he would explain them to me, and this changed my life – I became the biggest reader ever."

Mr Bird, 67, was invited to give a talk on how he managed to become a global social entrepreneur, helping other people overcome homelessness since launching The Big Issue in 1991.

The audience were women from St Hilda's enterprise skills course working on food co-ops, art programmes or funeral services for the poor in their communities.

Jay Hudson, a mother and an artist, told how she turned to art during a difficult period in her life and now wants to offer the same art activities that saved her. She welcomed Bird's advice: "I think that how he has turned all those difficult experiences that he had into skills that he can apply into the business and into the world is very open and refreshingly honest. How he can see the good and the potential in people is thrilling."

Anyone interested in registering on the next enterprise skills course beginning in October can email lourdes@sthildas.org.uk or call 7739 8066.

By Sofia Almiroty

A bit of TLC for Barts trust

AN energy saving project being trialled at Barts Health hospitals has already saved the NHS's largest trust £100,000 – and looks set to save it another £400,000 over the next year.

The turn off – lights out – close doors, (TLC) pilot scheme at the Royal London and Barts, involves saving energy and money by asking staff to turn off machinery, switch off lights and close doors.

As well as the financial savings, patients also benefited with many reporting better quality sleep, with an increase in privacy and fewer incidences of sleep disruption by doors being shut.

Barts Health NHS Trust environmental manager, Fiona Daly, said using similar techniques across all six Barts NHS Trust hospitals could save a further £400,000.

Parents give kids 'best start in life'



Speaker Cllr Lesley Pavitt (left) with Esther, Julie and Laila

BY IAN READ

THEIR school days may be behind them but that hasn't stopped more than 90 parents from enjoying their very own graduation ceremony.

On July 8 the council speaker Cllr Lesley Pavitt presented certificates to the mothers, fathers and carers who have successfully completed a parenting programme in Tower Hamlets.

The event at the Osmani Centre, Whitechapel, organised by the council's parent and family support service, followed the completion of 15 parenting courses.

One parent graduate, Katie Brown, said: "I am so happy to receive my certificates but even happier because of the changes brought to me by attending a parenting programme."

Another, Rubna Ahmed, said: "Attending the parenting programme has helped me to establish routines with my children. My children's behaviour has improved and life is much calmer."

The adults were graduating from courses under three parenting programmes: Strengthening Families, Strengthening Communities (SFSC); the Triple P Programme; and Mellow Parenting.

They are all aimed at helping parents and carers manage their children's behaviour and encourage them to get involved in their local community.

Mayor Lutfur Rahman said: "All parents need support from time to time. Parents in Tower Hamlets are committed to giving their children the very best start in life and this is evident by the number of parents successfully completing parenting programmes this year."

Cabinet member for children, schools and families Cllr Oliur Rahman said: "None of us stop learning and the parents should be proud of their achievements."

News in brief

Charity refurbishes bikes for refugees

AN east London charity is doing up unwanted bikes to give them to refugees and asylum seekers.

The Bike Project in Hackney runs a workshop every Thursday where refugees are invited to go along and help fix up a bike, and then take it away as their new means of transport.

Sarah Morpugo from the scheme said: "This is a great opportunity to learn some new practical skills with support from our trained mechanics, and a number of our visitors are now coming back to volunteer with us every week."

The scheme is always looking for volunteers to help out – and for donations of unwanted bicycles.

Workshops are held from 6-9pm at Workshop 44, 44 Marlborough Avenue, E8 – for more details go to <http://thebikeproject.co.uk/> or email info@thebikeproject.co.uk

Free film making for youngsters

EASTSIDE Community Heritage is holding free film making workshops for young people every Tuesday in August.

Designed for ages 11 to 18, the history shop film workshops will be held in Victoria Park and Roman Road.

For more information and details about times contact Steve on 8553 4343 or email steve@ech.org.uk – booking is essential.

Carrom awards

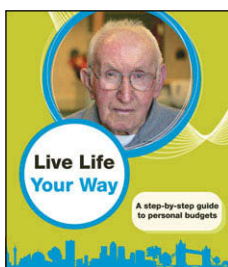
PLAYERS from Soundtek Carrom Club were presented with awards for their achievements at a special ceremony earlier this month.

Among the 20 or more people honoured was the club's youngest player, Sameer Mumith, who was presented with his award by Mayor Lutfur Rahman.

Other guests included Deputy Mayor Cllr Ohid Ahmed and cabinet members Cllr Abdul Asad and Cllr Shahed Ali.

Social care support

900 people who get support from the council's adult social care service took the time to complete a survey.



Choose the support that suits you

People using the council's adult social care services are entitled to a personal budget which lets them choose the support that is right for them. To find out more download the leaflet from...

WWW.TOWERHAMLETS.GOV.UK

News

Survey gives an insight into care

BY MEHREEN HUSSAIN

THE council's social care service is above average when it comes to helping people feel safe and in control, according to a recent user survey.

Some 85 per cent of adult social care users say the support they receive helps them to feel safe, ten percentage points above the average for England and up from 81 per cent last year.

And 87 per cent of people who use adult social care said their care and support helps them to feel in control of their daily lives, up from 83 per cent last year.

The results come from a recent survey of residents who are in receipt of social care services – 900 people took the time to complete the survey.

Other findings included:
■ 82 per cent of respondents felt treated with respect by staff assessing their need for social care.

■ 61 per cent are extremely or very satisfied with their care and support services.

■ Residents who have a personal budget, with an amount of money allocated to the user to purchase their own support, reported higher satisfaction rates of 68 per cent.

The survey also helped highlight areas for improvement over the coming year.

Of the respondents, 61 per cent said they can choose their support and 58 per cent said they can choose how and when to get support. The council will be working to improve this and ensure users feel in control about their choice of services.

Another key area was looking at quality of life for social care users with people giving mixed reports.

Survey respondents were most positive about having a clean and comfortable home (92 per cent positive) and getting adequate food and drink (93 per cent positive).

The less positive areas were around users feeling safe (58 per cent of respondents feel as safe as they want) and being able to do enough things that are valued and enjoyed (60 per cent are

positive about this). There were also 26 per cent who were unhappy with the amount of social contact they have with others.

The council is keen to look into how it can best support people in these areas and enhance their quality of life.

Mayor Lutfur Rahman said: "The annual survey provides us with valuable insight into the views of our users and is a key way for us to ensure the services and support residents receive are continuously monitored.

"I am glad residents are happy with the services they receive, this is great news and highlights the on-going work being done to ensure residents are fully supported."

Cllr Abdul Asad, cabinet member for health & wellbeing, added: "We are always keen to hear the views of our residents so that we can continue improving our services and providing the best support possible."

For more details on the adult social care survey contact Joanne Starkie at joanne.starkie@towerhamlets.gov.uk

Novel success for Salam

AN East End carpenter has turned his talents from carving furniture to penning his first novel.

Salam Jones, who grew up and was educated in Tower Hamlets, has always had a passion for literature and honed his creativity by producing poems in his free time.

The 42-year-old, who also runs his own construction business, has put the finishing touches to his debut novel Days of Our Wives which explores the world of a host of colourful characters living in the same community.

Set over a period of ten years it depicts the hopes, dreams and struggles faced by the protagonists and how their stories are intertwined.



Novelist Salam Jones

Salam said: "Each chapter raises issues within the story-line and my intention is that the readers debate, dissect and deal with these issues enabling us as a group to embrace the 21st century better equipped."

It took Salam six months to write the novel and he is keen for others to follow in his footsteps and embrace the arts.

He added: "It is important to encourage creativity in our community for two reasons; one as an outlet for youth so they don't turn to negative activities and secondly to show anything is possible if they pursue the dream."

Days of Our Wives is available now from Brick Lane Bookshop and charity Restless Beings, based in Sheridan Road, Forest Gate.

Improvements needed at care agency

A CARE agency in Aldgate East has been told to make improvements to its services, following spot checks when it failed to meet five national standards.

Inspectors from the Care Quality Commission (CQC) carried out two unannounced inspections at Majlish Home Care Services in Osborn Street, in April

and May, the second of which was triggered by concerns raised by staff. "While most people said that staff treated them with respect and kindness, inspectors found that arrangements to protect people who use the service from the possibility of abuse were not always satisfactory," the commission reported.

Inspectors also found a large number of staff had not re-

ceived up-to-date training on safeguarding and risk assessments were not consistently reviewed to keep people safe.

Staff expressed concerns that they felt unsupported in their role, and the provider did not have the right systems in place to monitor quality of the service.

A CQC spokesman said: "We will return unannounced to check changes required."

East Thames at
NOW BOW

E3

WELCOME TO NOW BOW, A DISTINCTIVE
AND VIBRANT DEVELOPMENT OF
1 BEDROOM APARTMENTS IN LONDON'S
COOLEST DISTRICT - BOW E3

New Homes from £75,000*





Report highlights access issues

A report by the Children's Society showed that, unlike Tower Hamlets, many councils are limiting access to local welfare schemes by applying stricter criteria and are also reducing cash.

WWW.CHILDRENSOCIETY.ORG.UK

When in a crisis

The average crisis grant payments for the boroughs responding to London Councils was £54,000.

SEE BELOW

News

Package of support helps residents

BY SUSAN MULLIGAN

MORE than a thousand vulnerable residents in financial crisis have been helped by the council in just four months – more than any other London borough.

Figures compiled by London Councils show that the council has helped 1,200 vulnerable

residents with £252,000 of crisis grants since the responsibility for delivering the local welfare assistance schemes was transferred from the government to local authorities on April 1.

The council has also paid out nearly £350,000 in discretionary housing payments in the first quarter since April – 85 per cent of these were to support vulner-

able households hit by the so-called 'bedroom tax'.

The payments are part of a package of support for vulnerable residents, as the impact of welfare reform is felt throughout the borough.

To protect vulnerable families from turning to loan sharks and high-cost money lenders, a programme of work is being developed to improve residents'

financial literacy, support those with debt and money problems, and improve access to financial products.

Hundreds of people most affected by the benefit cap to be introduced in the borough in August have had home visits from council staff to talk through their future housing options.

The council's employment and skills services helped 800

people to get jobs last year and the numbers of people engaging with the service are increasing rapidly.

Mayor Lutfur Rahman said: "I am proud we have been able to support so many residents who are in critical need of financial support. We will continue to do all we can to support them through the impact welfare reform will have in Tower Hamlets."

Cllr Rabina Khan, cabinet member for housing, added: "The government needs to consider a strategy to reduce the pressures on housing in London. These conditions are exacerbating the impact of welfare reform, particularly women and children."

For advice call 7364 5001 or visit www.towerhamlets.gov.uk/welfarereform



Volunteers picking up litter in King Edward Memorial Park

Volunteers help to clean up city park

VOLUNTEERS celebrated the Love Where You Live campaign by having a clean-up in Wapping's King Edward Memorial Park.

Staff from Idea Store, Veolia and McDonalds joined police cadets, residents and Cleanup UK picking up litter along the river.

Cllr Shahed Ali, cabinet member for environment, and local MP Jim Fitzpatrick went along to support the event.

Cllr Ali said: "It was great to see so many volunteers come together for the litter pick. I hope the action of these volunteers

inspires others to take part in community events and help keep Tower Hamlets a clean and green borough."

Police cadet Mahmood Hussain said: "Improving an area to make it safer and cleaner for children to play in was a rewarding experience."

The Love Where You Live campaign is organised by Keep Britain Tidy and aims to inspire people to look after the places where they live, work and play.

To find out about more clean and green volunteering opportunities contact Sam Dundas-Dunbar on sam.dundas-dunbar@towerhamlets.gov.uk

LAUNCHING

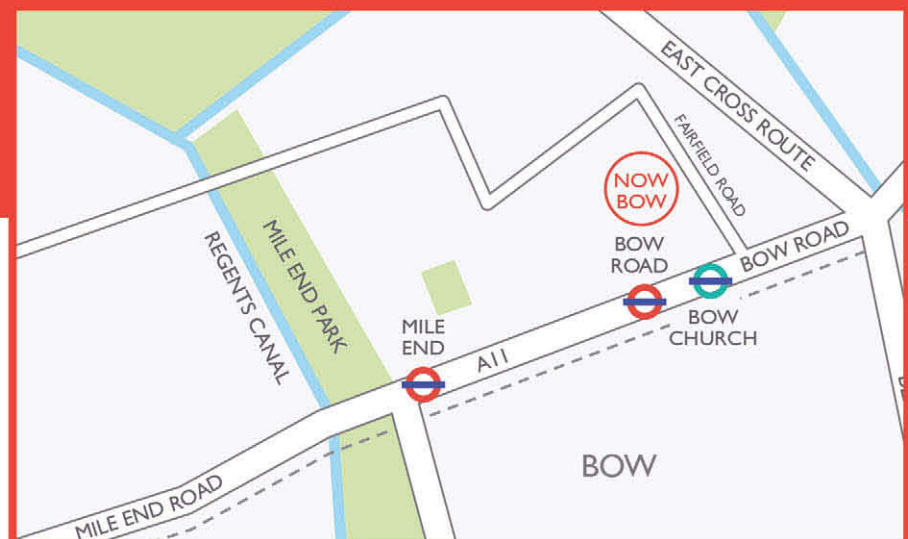
Wednesday 31st July & Saturday 3rd August

These new homes are available now through Shared Ownership

Viewings by appointment only

0844 409 7985

www.east-thames.co.uk/property/now-bow



eastTHAMES

Value shown represents a 30% share of a one-bedroom apartment valued at £250,000. Service charges also apply. Information correct at time of going to print July 2013.



SUMMER FUN 2013



Hundreds of activities for YOUNG PEOPLE

Mon, Jul 29 – Thu, Aug 22

Summer Project - Girls
2-7pm. **Ages 13-19**
Wapping Youth Centre, Tench Street, E1W 2QD
To engage young females in activities, trips and courses. 07958 576 217

Mon, Jul 29 – Thu, Aug 22

Summer Project - Mixed
2-6pm. **Ages 13-19**
Wapping Youth Centre, Tench Street, E1W 2QD
Gain knowledge, experience and skills through activities, workshops and trips. 020 7488 4065

Mon, Jul 29 – Thu, Aug 22

Fun in the Sun
11am-4pm. **Ages 13-19**
Martineau Youth Project, Lukin Street, E1
Structured activities packed with fun and learning. 07939 927 606

Mon, Jul 29 – Fri, Aug 16

Summer Scheme
2pm-6pm. **Ages 13-19**
Linc Centre, 70 Fern Street, E3 3PR
Accredited learning and excursions. 07940 978 798

Mon, Jul 29 – Fri, Aug 23

Summer Project - Mixed
12 - 6pm. **Ages 13-19**
Aberfeldy Centre, Aberfeldy Street, E14 0NU
Social activities and trips. 020 7517 0977

Mon, Jul 29 – Fri, Aug 30

Haileybury Summer Project
2-5pm. **Ages 13-19**
Haileybury Centre, Ben Jonson Road, E1 3NN
Structured multi sports coaching sessions. 020 7791 4830

Mon, Jul 29 – Fri, Aug 23

Summer programme @ Phoenix Heights
Every Mon, Tues & Thur from 1-5pm. **Ages 13-19**
Phoenix Heights Community Centre, 140 Byng St, E14 9AR
Activities including courses, sports, arts & crafts, volunteering and residential. 07957 441 936

Mon, Jul 29 – Fri, Aug 23

Summer programme @

St Andrew's Wharf
Every Wed & Fri from 1-5pm. **Ages 13-19**
St Andrew's Wharf Youth Centre, Masthouse Terrace, E14 3RW. Activities including courses, sports, arts & crafts, volunteering and residential. 07957 441 936

Mon, Jul 29 – Fri, Aug 30

Youth Sites 2013
Every Wed, Thur & Fri from 12noon-8pm. **Ages 13-19**
Urban Adventure Base, Mile End Park, 150 Burdett Road, Mile End E3 4JT
Football, archery, canoeing, BMX, skateboarding, biking, tennis, Wii and activities in Mile End Park. 07903 332 982

Mon, Jul 29 – Fri, Aug 23

Summer Programme
1-4pm. **Ages 13-19**
Eastside Youth Centre, Parnell Road, E3 2EX
Sports, sport leadership courses and trips. 07946 274 733

Mon, Jul 29 – Fri, Aug 30

Summer Programme
12-5pm & 2-7pm. **Ages 8-19**
Society Links, 80 John Fisher Street, E1 8JX
Training, competitive play, trips and an industry recognised course. 07956 281 838

Mon, Jul 29 – Fri, Aug 09

"R u bothered" Volunteer Programme
10am-5pm. **Ages 17-19**
The Arbour, Herford Multi Centre, 1st Floor, E1 4FG
Volunteering placements to improve employability. 020 7790 6578 or 07940 754 417

Mon, Jul 29 – Fri, Aug 30

My Music – Girls only
10am-4pm. **Ages 13-16**
Max Music Studios, Suite B4b, Bow Business Centre, Bow Road, E3 2SE
Learn music production development, song writing and performance techniques. 07949 677 692 or 07554 833 883

Mon, Jul 29 – Fri, Aug 30

French Fun - Cooking & Music
10am-4pm. **Ages 8 - 16**

Mind Your Language CIC, Ian Mikardo High School, E3 3LF
Learn about French language, culture and music. 020 3022 5572 or 07961 046 616.

Mon, Jul 29 – Fri, Aug 30

Olympic Legacy Programme
1-9pm. **Ages 13 -19**
City Gateway, Ian Mikardo High School, E3 3LF
Celebrate Olympic values. Activities include cooking, photography, sports, rock climbing and dance. 020 7531 6199 or 07958 190 623.

Mon, Jul 29 – Fri, Aug 02

Animation Nation (Special Needs Project)
10am-4pm. **Ages 13- 19 and up to 25 with SEN**
ActionDog, John Scurr Community Centre, 1a Bekesbourne Street, E14 7JQ
Learn the basics of animation. 020 7998 8376

Mon, Jul 29 – Fri, Aug 30

Summer Fun
2-9pm. **Ages 13 - 19**
The Rooted Forum, Tarling East Community Centre, 63 Martha Street, E1 2PA
Outdoor activities, pool, table tennis, Xbox tournament, trips, painting, drama and talent show. 020 7423 9146

Mon, Jul 29 – Fri, Aug 30

Amaal Girl's Project
1-6pm. **Ages 8 - 19**
Osmani Trust, 58 Underwood Road, E1 5AW
Cake decoration, yoga, pilates, fashion and beauty workshops & Young Leaders Award. 020 7247 8080

Mon, Jul 29 – Thu, Aug 08

Filmmaking
10am-5pm. **Ages 13-16**
Indymedia3 Productions, 51 Bow Common Lane, E3 4AU
Produce your own short film. 07939 398 262

Mon, Jul 29 – Sun, Aug 25

MELA Aur GAAN
Mon-Thur & Sat 10am-4pm. **Ages 13-19**
Horwood House, Pott Street, E2 0EH
Training, music and education projects. 020 8594 1867 or 07884 484 868

Mon, Jul 29 – Fri, Aug 23

Summer Activities
Mon-Thur & Sat 10am-4pm. **Ages 13-19**
Montefiore Centre, Hanbury Street, London, E1 5HZ
Games, arts & crafts and workshops. 07950 469 006

Mon, Jul 29 – Sat, Aug 31

St Hilda's Surjamuki Disabled Youth Project
Mon & Wed 11am-4pm & Sat 9.30-3.30pm. **Ages 13-19**
St Hilda's East Community Centre, 18 Club Row, E2 7EY
Digital arts and media projects, arts, sports and fitness training. 020 7739 8066 (ext 113)

Mon, Jul 29 – Sun, Aug 25

Youth Engagement
Mon-Thur & Sat 10am-4pm. **Ages 13-19**
10 Shacklewell Street, Bethnal Green, E2 7EG
Health workshops, sports and trips. 020 8223 8915 or 07961 047 742

Mon, Jul 29 – Sat, Aug 31

St Hilda's Girls' Youth Project
Mon & Wed 11am-4pm & Sat 9.30-3.30pm. **Ages 13-19**
St Hilda's East Community Centre, 18 Club Row, London, E2 7EY
Digital arts and media projects, arts, sports and fitness training. 020 7739 8066 (ext 113)

Mon, Jul 29 – Thu, Aug 29

Summer Activities for SEN Young People
Mon-Thur 12noon-5pm. **Ages 13-19**
Ocean Tenants' Leaseholders Association, Anson House Forecourt, Ernest Street, London, E1 4SE
Video games, table tennis, group discussions and CV building workshops. 07940 284 068

Mon, Jul 29 – Fri, Aug 30

City (Creative, Innovative, Talented Youth) Summer Programme
Mon-Sat 10am-9pm. **Ages 13-19**
Montefiore Centre, Hanbury St, E1 5HZ
Arts project, Prince's Trust

mentoring, workshops and swimming. 020 7377 9005

Mon, Jul 29 – Thu, Aug 29

Summer Activities
Mon-Thur 3-8pm. **Ages 13-19**
Ocean Tenants' Leaseholders Association, Anson House Forecourt, Ernest St, E1 4SE
Indoor and outdoor activities, trips and workshops. 07958 047 465

Mon, Jul 29 – Tue, Aug 20

East Girls' Project
Mon-Fri 2-5pm & Mon-Wed 6-9pm. **Ages 13-19**
Tarling East Community Centre, 63 Martha St, E1 2PA
Healthy diets and self-esteem workshops, sports, dance, arts & crafts. 020 7423 9146

Mon, Jul 29 – Fri, Aug 30

French Living
Mon-Fri 10am-4pm. **Ages 13-19**
Ian Mikardo High School, William Guy Gardens, E3 3LF
Muberry Girls School, Commercial Street, E3 3LF
Sir John Cass School, Stepney Way, E1 2JP
Cooking workshops and French language and cultural workshops. 020 7790 6327

Mon, Jul 29 – Sun, Aug 25

Amaar Friend
Mon-Thur & Sat 10am-4pm. **Ages 13-19**
39 Aberfeldy Street, Poplar, E1 0NU
Table tennis, pool, workshops and day trips. 020 7987 1303 or 07946 206 608

Tue, Jul 30 – Fri, Aug 30

Personal Development
2-9pm. **Ages 8 - 19**
Malmesbury Community Projects, Caxton Community Hall, Caxton Grove, E3 2EE
Security industry training, sports and arts & crafts. 020 8880 7032 or 07932 812 493.

Wed, Jul 31 – Fri, Aug 23

Summer Youth Project
Wed-Thur 1-7pm & Fri 6-9pm. **Ages 8-25**
Attlee Youth Centre, Thrawl Street, E1
Workshops and recreational activities. 020 7183 2940

Wed, Jul 31 – Wed, Aug 28

Summer Youth Club
Sat-Sun 10am-6pm
St Hilda's East Community Centre, 18 Club Row, E2
Ages 13-19
Workshops and recreational activities. 020 7739 8066

Mon, Jul 29 – Fri, Aug 02

Animation Nation (Special Needs Project)
10am-4pm. **Ages 13- 19 and up to 25 with SEN**
ActionDog, John Scurr Community Centre, 1a Bekesbourne Street, E14 7JQ
Learn the basics of animation. 020 7998 8376

Mayor's Activities for Young People Programme (MAYP)

MAYP aims to enhance the development of young people who are identified as being not in education, employment or training or at risk of crime, anti-social behaviour, truancy or social exclusion.

Mon, Jul 29 – Fri, Aug 09

A Disgraceful Waste of Space!
2-5pm. **Ages 13-19 and up to 25 with SEN**
Brady Centre, 192-196 Hanbury Street, E1 5HU
An accredited film and photography project. Booking only. 020 7 364 7912/07538 463 118.

Mon, Jul 29 – Fri, Aug 23

Bangladesh Youth Movement Girls Summer Project
11am -5pm. **Ages 13-19 and up to 25 with SEN**
BYM, The Whitechapel Centre, Unit 3, Myrdle Street, E1 1HL
Workshops in fashion design, first aid, healthy living, bridal mehndi and more. 020 7377 8668/07840 818 389

Wed, Jul 31 – Thu, Aug 29

Summer Holiday Club
Wed-Thur 10am-3pm. **Ages 13- 25 with SEN**
Apasenth, Carmine Wharf, 30 Copenhagen Place, E14
Arts & crafts, cooking and enterprise activities and trips. 020 7001 2269 or 07538 721 245



Ingredients for a recipe of success

In 1893 Brother Walfrid arrived as head master and set about transforming St Anne's School in Whitechapel, introducing the children to the virtues of hard work, study and football.

SEE BELOW

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

WWW.EASTLONDONHISTORY.COM

History

BY JOHN RENNIE

IN 1893, an Irish priest arrived as head master at St Anne's School in Underwood Road, Whitechapel. Over the next decade and a half, he would transform the school, introducing the children to the virtues of hard work, study and – his greatest love of all – football.

It was a very Victorian recipe for success, mens sana in corpore sano, and was being repeated by enlightened teachers all over London. But more than any of them, Brother Walfrid had particularly impressive form, having already set up a team in his previous posting of Glasgow.

Walfrid was a missionary, like many others of his time, but unlike the young priests and academics who had come to the East End from Oxford and Cambridge, he knew poverty at first hand. He had been born Andrew Kerins, on May 18, 1840 in the Sligo town of Ballymote, in north west Ireland. He was lucky to survive. Between 1845 and 1852, the Potato Famine would devastate Ireland, with a million of the eight million population dying from starvation and disease, and another million emigrating. Huge numbers took the boat to New York, many more to London, where they would literally build the mushrooming city – on the roads, railways and houses – as well as working in the docks.

But many of them found poverty in London too – Whitechapel and Stepney were some of the poorest Irish quarters of the capital. There was work, but there was also drunkenness, prejudice and despair. Catholic immigrants especially found a way out through education and decent employment hard to come by. The church schools, such as St Anne's, were a way of addressing that.

Andrew, by now an Irish Marist Brother, and re-baptised Walfrid, would take a different route before his ten years in Whitechapel, however.

He first headed to another East End, that of Glasgow, where many more Irish Catholics had settled, in search of work in the docks and steelyards.

He trained as a teacher and was posted to St Mary's School there; in 1874, he was promoted to be head master of Sacred Heart School.

Walfrid encountered a problem. Although his children needed help, their parents were loath to accept charity. He set up the Poor Children's Dinner Table, also known as 'penny dinners', for the pupils so that they were at least paying a token amount for their one decent meal of the day.

And there was another problem – funding the charity. The enterprising priest decided to tap in to the new craze sweeping Britain – Association Football. By arrang-

Football played a role in the success of Victorian London



ing exhibition matches, he could bring the community together and raise much needed funds for 'the table'.

It was good, but not enough. He looked at the example of Rangers Football Club, which was playing in front of thousands of people on Glasgow Green. Then on February 12, 1887 Edinburgh Hibernian won the Scottish Cup at Hampden Park in Glasgow. Established purely for Irish Catholics and, influenced greatly by the temperance movement, it was a team supported by all the Irish in Scotland. After the game, Brother Walfrid and his friend John Glass invited the victorious team to St Mary's Hall in Calton for a celebration. The Hibernian secretary, John McFadden, jokingly suggested to Walfrid that he should do the same for the Irish in Glasgow that Hibernian had done for their relatives in Edinburgh.

On November 6, 1887, at St Mary's Church Hall in East Rose Street, the priest got some of the most powerful men in Glasgow together and drew up the constitution for his



new club. Cannily realising that there was support to be had from the licensed trade, the Glasgow organisation decided not to wave the flag for temperance. The club also narrowly defeated a vote to be exclusively Catholic: Walfrid wanted a team for everyone, saying: "It is not his creed nor his nationality which counts – it's the man himself."

And as for a name – suggestions included Glasgow Hibernian, but Walfrid suggested 'Celtic' to reflect the club's Irish roots. The nickname 'The Bhoys' also reflected Gaelic Irish spellings.

What came next was more remarkable. Walfrid scraped together the £50 ground rent on a patch of farmland – and called upon his supporters to build Celtic Park by hand. An army of builders, labourers, gardeners and general enthusiasts constructed the new ground, which stood 100 yards or so north east of the present Celtic Park. The

(Clockwise from top) Walfrid's statue outside Celtic Park; the club en route to winning the 1967 European Cup; the first Celtic team.

first match was a 5-2 win over future arch rivals Rangers, a 'friendly' but with 5,000 watching. None among them could know they were witnessing the start of one of the world's great football rivalries.

By the time Walfrid was sent to repeat his good work in Bethnal Green and Bow, in 1893, his project was in good shape. So good that, alas, its charitable mission had been rather forgotten.

The Glasgow press were continually critical of the club refusing to play benefit matches for the Catholic poor. Instead, directors would reconstitute Celtic as a limited company, with several players and staff doing suspiciously well from the monster Walfrid had created.

Ironically, given the temperance roots, many of them had purchased pubs in Glasgow, and were profiting handsomely for a second time. Celtic would go on to be the first British club to win the European Cup, in 1967, beating Manchester United to that feat by a year. Remarkably, all the team were born within a 30-mile radius of Celtic Park... the priest's dream of success for local lads was still playing out.

Walfrid worked his magic again in London, though without quite such dramatic results.

Perhaps if things had gone differently the Whitechapel Boy's Guild and Young Men's Club could now be vying for the Champions League with Barcelona and Bayern Munich. In 1908 Walfrid retired and would die seven years later.

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

Wednesday, July 31

5.30pm: Cabinet

For more information call 7364 4651 or email matthew.mannion@towerhamlets.gov.uk

Tuesday, August 6

2pm: Licensing sub-committee

For more information call 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

Wednesday, August 14

7pm: Development committee

For details call 7364 4877 or email zoe.folley@towerhamlets.gov.uk

Tuesday, August 20

6.30pm: Licensing sub-committee

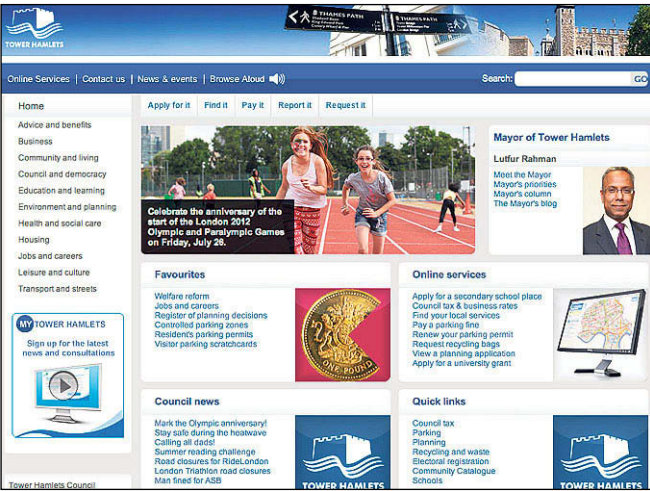
Details from Simmi Yesmin (see left).

Thursday, August 29

7pm: Strategic development committee

Details from Zoe Folley (see left).

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except Cabinet.

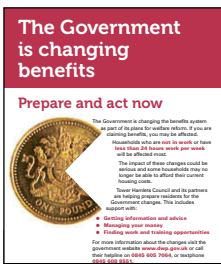


Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Cycling event will cause road closures

THE largest mass participation cycling event ever held in the UK passes through the borough on the weekend of August 3 and 4.

Thousands of cyclists will be taking part in Prudential Ride-London, including some top professionals.

The event will mean some road closures in Tower Hamlets on both days and access to



Wapping and Isle of Dogs will be difficult for residents on Sunday, August 4.

Riders are expected to pass through the area on August 4 between 6am and 8.40am. The

elite cyclists will compete on a route similar to the London 2012 Olympic Cycle Road Race and will pass through Tower Hamlets between 12.45pm and 1.05pm

Full details of road closures are available at www.tfl.gov.uk/prudentialridelondon

Bus services around the route will also be affected.

Full details can be found on the same website.

Planning

E1 Unit 2, 9-25 Mile End Road – variation of condition of planning permission ref PA/11/01360, dated 21.7.11 for retrospective change of use from existing retail to mixed use as deli/café with no associated flue or plant equipment. Variation sought is for extension of opening hours of retail use only to 8am–11pm, Monday to Saturday; 10am–10pm, Sunday or bank holidays.

40 Commercial Street – works to elevations of building including installation of new windows and door at ground floor level, paintwork to be stripped off brickwork on upper floors, cleaning and re-pointing upper levels of facade, new mosaic signage on existing fascia and instalment of stone plinth.

E2

Peterley Business Centre, 472 Hackney Road – request for screening opinion as to whether environmental impact assessment is required re. application for residential/commercial development.

E3

Unit 17, Omega Works, 4 Roach Road – application for lawful development certificate re. existing use as residential dwelling.

9 Tredegar Road – single storey rear extension.

Olga Primary School, Lanfranc Road – demolition of existing single storey building and construction of two- to three-storey building to enable school to enlarge from one to three forms of entry; associated external works including new secure perimeter fence with new vehicular and pedestrian access on to site, construction of fenced hard games court and landscaping works including tree replacement.

E14

Ground Floor, Balmoral House, 12 Lanark Square – change of use of independent

office unit at ground floor to facilitate creation of four self-contained residential dwellings providing one 2-bed flat, two 1-bed flats and one studio unit.

11 West India Dock Road – application for non-material amendment of planning permission PA/10/1422 dated 21.9.10. Amendments sought: reduction in width of proposed flat block to reflect the more accurate digital survey; increase in height of proposed flat block (still aligned with adjacent buildings) to reflect the digital survey; internal alterations to flat layout; amendments to elevation facing Amoy Place including removal of balcony at top floor level; amendment to rear elevation and to layout of café at ground floor.

183, 185, 187 & 189 South Quay Plaza, Marsh Wall – request for scoping opinion as to environmental impact assessment in support of redevelopment of these sites.

This is not a definitive list of all current planning applications. For more details go to the council's website at www.towerhamlets.gov.uk and click on Planning & Building.

Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1.

7790 1344
www.lifeline.org.uk

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878
www.lifeline.org.uk

Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399
www.compass-uk.org

Community Alcohol Team

Unit 22, Skyline Village Limeharbour, E14. 0800 008 7200
www.rapt.org.uk

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

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Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK

Joy for history buffs

The Local History Library and Archives in Mile End has re-opened to the public after refurbishment works.

OPENING TIMES BELOW

Council information

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance – 7364 5007
Environmental health, trading standards & licensing – 7364 5008
Planning & development – 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364 5015
Healthline – 7364 5016

Report it!

To report an incident, use these 24-hour freephone numbers:
Non-emergency crimes – 101
Textphone – 18001 101
Hate crimes – 0800 138 0521

General enquiries

For other council enquiries call 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3) – 7364 3558
Homeless service – 7364 7474
Choice-based lettings – 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you



ONLY sharp-eyed residents will have spotted this tiny door in Chicksands Street, smaller than the water bottle next to it. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Temporarily closed during building works, until June. 7364 1290; email localhistory@towerhamlets.gov.uk

need to contact, call the switchboard on 7364 5000.

Town Hall

Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.
7364 5000

Other useful information

Safer Neighbourhood teams (SNTs)
SNTs operate in every ward in

Tower Hamlets, providing dedicated community policing that works to priorities set by the public through Local Area Partnerships (LAPs). To find out more about SNTs, contact your local team:

Bethnal Green North 8721 2851
Bethnal Green South 8721 2849
Blackwall & Cubitt Town 8721 2877
Bow East 8721 2807
Bow West 8649 3521
Bromley by Bow 8721 2041
East India & Lansbury 8721 2806
Limehouse 8721 2852

Mile End & Globe Town

8721 2853
Mile End East 8721 2848
Millwall 8721 2850
Shadwell 8649 3524
Spitalfields & Banglatown 8721 2042
St Dunstan's & Stepney Green 8721 2808
St Katharine's & Wapping 8721 2854
Weavers 8721 2043
Whitechapel 8649 3520

If a crime is in progress, there is an emergency or if

anyone is in immediate danger please dial 999.

24-hour domestic violence national helpline
0808 2000 247

Trading standards
Consumer Direct: 08454 040506

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305

G & R MINI CABS AND AIRPORT SERVICES

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STANSTED	020 7739 8332
LUTON	020 7739 9522
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& ANY OTHER DESTINATION	
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gandrcars@O2.co.uk	
www.gandrcars.co.uk	

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www.ecodrivinglesson.co.uk
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War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 4944



ওলিম্পিক লিগ্যাসি সম্পর্কে বক্তব্য রাখলেন কাউন্সিলর রাবিনা খান

টাওয়ার হ্যামলেটস কাউন্সিলের হাউজিং বিষয়ক কেবিনেট মেম্বর কাউন্সিলর রাবিনা খান ও হেকনি ও গ্রীনউইচ থেকে তাঁর সহকর্মী কাউন্সিলরবৃন্দ বারার ওলিম্পিক লিগেসির ব্যাপারে আলোচনায় অংশ নেয়ার জন্যে হাউস অফ লর্ডসের সিলেক্ট কমিটির এক সভায় যোগ দেন। - বিস্তারিত পড়ুন নীচে

COUNCILLOR GIVES EVIDENCE TO LORDS

Harmony

Maalinta abbaha ee Musyamka Docklands

Summer activites for families around the borough

ABBAYAASHA iyo daryeelayaasha ka soo jeeda guud ahaan Tower Hamlets oo dhan waxaa lagu martiqaadayaa maalin hawleed lacag la'aan ah iyaga iyo carruurtoodaba.

Maalinta mararooga ee abbayaasha, salaasada 13 Ogost, waxay soo diyaarinaya kooxda waalidiinta iyo Musyamka Docklands ee London.

Abbayaasha iyo ubadkoodu waxay ku raaxaysan mararooyo ay ka mid yihiin in aad

doonidaad shiraacato iyo xilli sheekooyin, isla markaana aad ka qayb qaadato bandhig isku dhafan oo daaha lagaga rogayo London iyo waayo waayo.

Waxaa kale oo intaa sii dheer in aad barato sidaad u noqon lahayd budhcad badeed isla markaana ula kulmi lahayd Kabtan Blackbeard.

Mararoogani wuxuu ka socon doonaa musyamka laga bilaabo 11am ilaa 3pm. Looma baahnaa in isa sii diiwaangeliso, abbayaasha iyo ubadku way iska

imman karaan oo ku raaxaysan karaan maararooga.

Maalinta abbayaash ee innagu soo fooleh, waxay ka danbeysey guushii laga soo hooyey tu la mid ah oo lagu qabtay Laybareeriga Bethnal Green, bishii Juun.

Madasha lagu qabanayo oo ah Musyamka Docklands ee London, wuxuu ku yaalaa galbeedka West India Quay, Canary Wharf, E14.

Faahfaahin dheeraad ah booqo fis@towerhamlets.gov.uk ama wac 020 7364 6495.

Dhiiringelinta akhriska ee fasaxan

SANNADKAN waxaa la dhiirigelinayaa akhriska, lix buug iyo in ka badan muddada fasaxa, waa in la akhriyaa.

Waxaa soo qaban qaabiyey wakaalada akhriska, waxaana la doonayaa in ay ardaydu iyo qoysku yeeshaan hamiga akhriska.

Kownsulku wuu taageerayaa talaabadan

sannadkana, waxaa dhextaal u ah Creepy House, Chris Riddell.

Waxaa dhammaan ka qayb qaadanaaya laybareeriyada ku yaal deegaanka Tower Hamlets waxaanu soconayaa, laga bilaabo ilaa bisha Sebtembar 7deeda.

Faahfaahin booqo www.ideastore.co.uk

Wajigii cusbaa ee dugsi Bow oo qaab yeesahay

New-look Bow School is taking shape – issue 969

IYADA oo sannad ka soo wareegey tan iyo markii albaabadiisa la furay, gegida dugsiga Bow waxay hyeelatay qaab, iyada oo dhismuhuna weli u socdo sidii loogu talagalay.

Isaga oo ka faa'iideysanaya dib u dhis buuxa oo lagu sameeyo, dugsigu wuxuu maarayaa gabagabadii £300 milyan ee looga talagalay barnaamijka dib-u-habaynta dugsiyada si ay u noqdaan kuwa mastaqbal.

Haddaba, Juulay 15 ayaa ardaydu waxay soo booqatay qaabka cusub ee dugsigu halka uu marayo.

Mashruucani wuu ballaadinayaa dugsiga Bow, waxaanu ku darayaa afar foom sannadkiiba, si loo dabool baahida weyn ee loo qabo dugsiyada, habluhuna waxay noqon kuwa loo qaato dugsiga markii ugu horeysey sannadka 2014.

Faahfaahin la xidhiidh kownsulka 7364 5006.



মাইল এন্ড স্টেডিয়ামে স্পোর্টস কার্নিভ্যাল অনুষ্ঠিত

Hundreds of families enjoy sporting carnival – page 2

গত বছর অনুষ্ঠিত অলিম্পিক এবং প্যারালিম্পিক গেমস এর সাফল্যকে উদযাপনের অংশ হিসেবে টাওয়ার হ্যামলেটসের কয়েক শতাধিক পরিবার ২০ জুলাই শনিবার মাইল এন্ড স্টেডিয়ামে অংশ নিয়েছিলেন বিশেষ ক্রীড়া উৎসবে। কাউন্সিলের স্পোর্টস ডেভেলপমেন্ট টিমের উদ্যোগে পার্কস সার্ভিসের সহযোগিতায় আয়োজিত এই স্পোর্টস কার্নিভ্যাল এ সব বয়সীদের জন্য ছিলো কোন না কোন খেলায় অংশ নেয়ার সুযোগ। টেনিস ও বাল্লেটবলের মতো ঐতিহ্যবাহি খেলাধুলার পাশাপাশি ছিলো ওয়াল ক্লাইমিং, ক্যানয়িং ও টায়কানডো। স্বাই ওয়ান এর গট টু ডান্স এর ফাইনালিস্ট আইএমডি সহ বারার প্রতিভাবান তরুণদের কয়েকজনের পরিবেশনা পুরো আয়োজনকে করে উৎসবমুখর।

ওলিম্পিকের উত্তরাধিকার আলোচনায় লর্ডস সভায় কাউন্সিলর রাবিনা খান

Councillor gives evidence to Lords – 969

টাওয়ার হ্যামলেটস কাউন্সিলের হাউজিং বিষয়ক কেবিনেট মেম্বর কাউন্সিলর রাবিনা খান ও হেকনি ও গ্রীনউইচ থেকে তাঁর সহকর্মী কাউন্সিলরবৃন্দ বারার ওলিম্পিক লিগেসির ব্যাপারে আলোচনায় অংশ নেয়ার জন্যে হাউস অফ লর্ডসের সিলেক্ট কমিটির এক সভায় যোগ দেন।

টাওয়ার হ্যামলেটসের মেয়র লুৎফুর রহমান এ ব্যাপারে মন্তব্য করতে গিয়ে বলেন, হাউস অফ লর্ডসে গিয়ে আমরা ওলিম্পিক বারা হিসাবে অন্যান্যদের সাথে আমাদের অভিজ্ঞতা বিনিময় করেছি। লন্ডনে ওলিম্পিকের একটি জাঁকজমক-পূর্ণ অনুষ্ঠান করার জন্যে আমাদের বারা নিরলস কাজ করে গেছে। আমরা এর ঐতিহ্য ধরে রাখতে চাই।

মেয়র বলেন, তরুণদের খেলাধুলার জন্যে অতিরিক্ত সুবিধাদি প্রদানের ব্যবস্থা করা। বারার লেইজার সেন্টারগুলোকে আমরা উন্নত করেছি। ইয়র্ক হল ও মাইলএন্ড লেইজার সেন্টারগুলোকে আমরা অনুদানের অর্থ দিয়ে আধুনিককরণ করেছি।

মেয়র লুৎফুর রহমান আরো বলেন, উত্তরাধিকার এখনো পুরোপুরি নিশ্চিত হয়নি সেদিকে লক্ষ্য রেখে আমি লন্ডন লিগেসি ডেভেলপমেন্ট কর্পোরেশনের সদস্য হিসাবে টাওয়ার হ্যামলেটসের জন্যে অনুদানের নায্য হিস্যা আনার ব্যাপারে প্রচেষ্টা গ্রহণ করবো। যা দিয়ে ইস্ট লন্ডনের অননুত

এলাকা গুলোর উন্নয়ন সাধন করবো।

কাউন্সিলর রাবিনা খানকে প্রশ্ন করা হয়েছিল তার এলাকা ওলিম্পিকের কারণে কি ভাবে লাভবান হয়েছে? এর উত্তরে তিনি বলেন, ওলিম্পিকের সময় জব এবং টেনিং এর ব্যবস্থা করা হয়েছিল। এরমধ্যে এলওসিওজি বা লন্ডন ওলিম্পিক ওর্গেনাইজিং কমিটির সাথে চুক্তির ফলে প্রায় ৪ হাজার লোকের কর্মসংস্থান হয়েছিল। যারা মূল্যবান ট্রেনিং গ্রহণ করেছিলেন তা তাদের ভবিষ্যতের কর্মজীবনে সহায়ক হবে। হোয়াইট-চ্যাপেলের উন্নয়নে ২০ মিলিয়ন পাউন্ড ব্যয় করা হয়েছে। মাইল এন্ড এবং বো রোডে যে কাজ করানো হয়েছে তা ২০ বছর পর্যন্ত স্থায়ী হবে। ওলিম্পিক পার্কে যে ৭০০০ হাজার ঘরবাড়ি নির্মান করা হয়েছে এর মধ্যে ৬৫০টি ঘরবাড়ি টাওয়ার হ্যামলেটস এলাকায় পড়েছে।

বো এবং স্টার্টফোর্ড পর্যন্ত যানবাহন চলাচলের পথের উন্নয়ন ফিশ আইল্যান্ডে ৩ হাজার ঘরবাড়ি নির্মানের উদ্যোগ নেয়া হয়েছে। আমরা ভবিষ্যতে লোকজনের জন্যে আরো কর্মসংস্থানের ব্যবস্থা করতে পারবো।

এফরডেবল হাউজিং হলেই রেন্ট কি সাধের মধ্যে থাকবে এ ব্যাপারে বাসিন্দাদের উদ্বেগের কথা কাউন্সিলর রাবিনা খান তুলে ধরেন। এখন বাজার অনুযায়ী এই রেন্টের লেবেল শতকরা ৮০% পর্যন্ত।

পিতা ও কেয়ারারদের জন্যে ফ্রি এ্যাক্টিভিটি ডে ১৩ আগস্ট

Free activity day for fathers and kids – see page 9

টাওয়ার হ্যামলেটস কাউন্সিলের প্যারেন্টাল এনগেজমেন্ট টিম ও মিউজিয়াম অফ ডকল্যান্ড এর যৌথ উদ্যোগে পিতা ও কেয়ারারদের জন্যে এক ফ্রি একটিভিটি ডে এর আয়োজন করা হয়েছে।

আগামি ১৩ ই আগস্ট সকাল ১১ টা থেকে বিকাল ৩টা থেকে ডকল্যান্ড মিউজিয়ামে এই ডেড'স প্লে ডে' অনুষ্ঠিত হবে। লন্ডন ই ১৪ এর ক্যানারি ওয়ার্ফের ওয়েস্ট ইন্ডিয়া কী- ডিএলআর স্টেশন থেকে মাত্র ২ মিনিট হাঁটলে ডকল্যান্ড মিউজিয়ামে পৌঁছতে পারবেন।

মেয়র লুৎফুর রহমান বলেন, এটি একটি মহতি উদ্যোগ, সন্তানদের সাথে সময় কাটানোর ফলে পারিবারিক বন্ধন দৃঢ়তা লাভ করে। তাই একজন পিতা হিসাবে আমি উপলব্ধি করতে পারি এই উদ্যোগের গুরুত্ব কতটুকু। এই গুরুত্বকে সামনে রেখে আমরা এই অংগনে অর্থ বিনিয়োগ করে চলেছি। চিলড্রেন, স্কুলস এন্ড ফ্যামিলিজের কেবিনেট মেম্বর কাউন্সিলর ওলিউর রহমান বলেন, “এই ফ্রি অনুষ্ঠানটিকে সফল করে তুলে ধরার জন্যে আমি পিতাদের আহ্বান জানাচ্ছি।”



বারার দু’টি স্কুল জাতীয় টপ টুয়েন্টি চার্টে অন্তর্ভুক্ত

ছাত্রদের লেখাপড়ার লক্ষনীয় উন্নতির জন্যে সারা দেশের মধ্যে টাওয়ার হ্যামলেটসের দুটি স্কুলকে চিহ্নিত করা হয়েছে। এর মধ্যে রয়েছে বো স্কুল এন্ড সেন্ট্রেল ফাউন্ডেশন। জিসিএসই’তে ভাল ফলাফল করায় জাতীয় ভিত্তিক শীর্ষ ২০টি স্কুলের তালিকায় এই দুটি স্কুল অন্তর্ভুক্ত হয়েছে। বিস্তারিত পড়ুন নিচে -

SCHOOLS AMONG ENGLAND’S BEST FOR STUDENT IMPROVEMENT

Harmony

বারার দু’টি স্কুল জাতীয় টপ টুয়েন্টি চার্টে অন্তর্ভুক্ত

Schools among England’s best for student improvement – issue 968

ছাত্রদের লেখাপড়ার লক্ষনীয় উন্নতির জন্যে সারা দেশের মধ্যে টাওয়ার হ্যামলেটসের দুটি স্কুলকে চিহ্নিত করা হয়েছে। এর মধ্যে রয়েছে বো স্কুল এন্ড সেন্ট্রেল ফাউন্ডেশন। জিসিএসই’তে ভাল ফলাফল করায় জাতীয় ভিত্তিক শীর্ষ ২০টি স্কুলের তালিকায় এই দুটি স্কুল অন্তর্ভুক্ত হয়েছে।

২০১২ জিসিএসই’ পরীক্ষার ফলাফল মূল্যায়ন করে দেশের প্রতিটি স্কুলের অবস্থানকে চিহ্নিত করা হয়েছে। এই প্রক্রিয়াকে বলা হয় ভালু এ্যাডেড স্কোর। আর এর পরিমাপ করা হয় ১১

বছর এবং ১৬ বছর বয়সীদের টেস্টের ফলাফলের উপরে। কোন স্কুল যদি ১০০০ মার্ক পেয়ে যায়, তাহলে তাদের অবস্থান গড়পড়তার উপরে চলে যায়। সেন্ট্রেল ফাউন্ডেশন স্কুল ১০২৯ এবং বো স্কুল ১০২৩ ভালু এ্যাডেড স্কোর করতে সক্ষম হয়েছে। স্কুল নেটওয়ার্কের পক্ষ থেকে দুটি স্কুলকেই চিঠির মাধ্যমে প্রশংসিত করা হয়েছে এবং উভয় স্কুলকে ইংল্যান্ডের টপ টুয়েন্টি পার্সেন্ট স্কুলের চার্টে স্থান দেয়া হয়েছে।

স্কুল নেটওয়ার্কের চীফ এক্সিকিউটিভ স্যু

উইলিয়ামসন উভয় স্কুলকে তাদের বিদ্যালয়ের অধ্যয়নকারীদের লেখাপড়ায় কৃতিত্বপূর্ণ ফলাফল করতে ভূমিকা রাখায় ধন্যবাদ জানিয়ে বলেন, অন্যান্য স্কুলগুলোও এই স্কুলের সাফল্যকে অনুসরণ করতে পারে।

টাওয়ার হ্যামলেটসের নির্বাহী মেয়র লুৎফুর রহমান সেন্ট্রেল ফাউন্ডেশন এবং বো স্কুলের শিক্ষার্থীদের ধন্যবাদ জানিয়ে বলেন, শিক্ষা ক্ষেত্রে তাদের এই সাফল্য জীবনে ইতিবাচক পরিবর্তন আনতে সহায়ক ভূমিকা রাখবে। আমি অত্যন্ত

আনন্দিত এ কারনে যে শিক্ষাংগনে আমাদের বিনিয়োগ আমাদের দুটি স্কুলকে টপ টুয়েন্টি অর্থাৎ দেশের শীর্ষ স্কুলগুলোর পর্যায়ে নিয়ে গেছে।

স্কুলস বিষয়ক কেবিনেট মেম্বর কাউন্সিলর ওলিউর রহমান বলেন, আমরা অবগত আছি দেশের কিছু সংখ্যক স্কুলের মধ্যে আমাদের বার-বার সেকেন্ডারি স্কুলগুলো ভাল এবং খুব ভাল ফলাফল করছে। টাওয়ার হ্যামলেটসের দুটি স্কুলের শিক্ষার্থীদের এখন জাতীয় ভাবে স্বীকৃতি দেয়া হয়েছে বলে আমরা দেখতে পাচ্ছি।”



Pearly Queens with musicians Jack In The Box at the Cockney Heritage Festival tea dance in Victoria Park

More than 50 events for borough’s first Cockney Heritage Festival

ইস্ট এন্ডের ঐতিহ্যবাহী কোকনী হ্যারিটেজ ফেস্টিভ্যালের অংশ হিসেবে গত ২৪ জুলাই ভিক্টোরিয়া পার্কের দ্যা হাব এ বয়স্কদের জন্য অনুষ্ঠিত হয় টি ডান্স সহ বিভিন্ন অনুষ্ঠান। টাওয়ার হ্যামলেটস্ কাউন্সিল এবং দ্যা ককনি হ্যারিটেজ ট্রাস্ট এর যৌথ উদ্যোগে আয়োজিত এই ইভেন্টে ঐতিহ্যবাহী এবং পুরনো আমলের পোষাক পরিচ্ছদ পরিহিত শতাধিক লোক অংশ নেন। বাসিন্দারা তাদের সাথে করে পুরনো দিনের ছবি, স্মারক সামগ্রী নিয়ে আসেন এবং স্মৃতিচারণ মূলক অনুষ্ঠানে যোগ দিয়ে তারা হারিয়ে যাওয়া দিনগুলোর নানা স্মৃতি তুলে ধরেন।

ক্যানসার সনাক্ত করে এর থেকে নিরাময় লাভ করুন

Spotting cancer early saves lives – Be Clear on Cancer

ক্যানসার সম্পর্কে টাওয়ার হ্যামলেটস বারার বাসিন্দাদের সচেতন করার জন্যে জাতীয় ক্যান্সার বি ক্রিয়ার অন ক্যানসার শুরু হয়েছে। কেউ যদি ক্যানসারের উপসর্গ লক্ষ্য করেন তাহলে তাকে অবিলম্বে ডাক্তারের স্মরণপূর্ণ হবার জন্যে তাগিদ দেয়া হয়েছে। যত তাড়াতাড়ি এবং প্রাথমিক অবস্থায় ক্যানসার ধরে পড়বে ততই আরোগ্য লাভের সুযোগ থাকে।

জানা গেছে, প্রতি বছরে ইংল্যান্ডে বিলম্বে সনাক্ত হওয়া ২৪ হাজার লোক ক্যানসার আক্রান্ত হয়ে মারা যান। ১৫% রোগিকে প্রাথমিক অবস্থায় সনাক্ত করা যায় আর তাদের চিকিৎসা করে সারানোও সম্ভব। বিলম্বে যারা চিকিৎসার জন্যে আসেন তাদের প্রাণ হারাতে হয় এবং টাওয়ার হ্যামলেটসেও এধরনের ঘটনা ঘটে।

মেয়র লুৎফুর রহমান এ ব্যাপারে মন্তব্য করতে

গিয়ে বলেন, ধূমপানের কারণে লান্সস ক্যানসার হয়ে থাকে। তাই আমি ধূমপানরোধে আমাদের বারায় যে ফ্রি সার্ভিস রয়েছে তা গ্রহন করার জন্যে বাসিন্দাদের প্রতি আহ্বান জানাচ্ছি।”

প্রতি বছরে টাওয়ার হ্যামলেটসে একশত লোকের রোগ নির্ণয়ের জন্যে পরীক্ষা করা হয় এবং ৯০জন লোক ক্যান্সার আক্রান্ত হয়ে মারা যান। এর মধ্যে বেশির ভাগ ধূমপায়ী বলে

জানানো হয় এবং ৮% ভাগ রোগি অধূমপায়ী।

হেলথ এন্ড ওয়েলবিয়িং এর কেবিনেট মেম্বর কাউন্সিলর আব্দুল আসাদ, সিগারেট এবং মদ্যপান পরিহার করে শরীরচর্চা করার মাধ্যমে দেহ ভাল রাখার আহ্বান। এ ছাড়াও তিনি ফল-মূল এবং ভেজিটেবিল খাওয়ার জন্যে ও অনু-রোধ করেন।

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

News in brief

তাপপ্রবাহ থেকে নিরাপদ

থাকার পরামর্শ

বিগত কয়েকদিন ধরে তাপপ্রবাহের ফলে শিশু ও বৃদ্ধরা ঝুঁকির মুখে রয়েছেন তাদের সর্দিগর্মি, শ্বাস-কষ্ট, হৃদরোগের সমস্যা ইত্যাদি দেখা দিতে পারে। প্রচণ্ড গরমের ফলে দেহে পানি শুন্যতা দেখা দিতে পারে। যারা ইতোমধ্যে হাটের অসুখে আক্রান্ত হয়েছেন তাদের শ্বাসকষ্ট হবার সম্ভাবনা রয়েছে।

বাইরে যখন গরম আবহাওয়া থাকে তখন জানালা বন্ধ রেখে ভারি পর্দা দিয়ে আচ্ছাদিত করে ঘর ঠাণ্ডা রাখুন। যখন বাইরের আবহাওয়া ঠাণ্ডা হয়ে যাবে তখন জানালা খুলে দিন। কোমল ড্রিংক পান করুন। চা কফি বা এলকোহল পান করা থেকে বিরত থাকুন। ঘরের মধ্যে সব চাইতে ঠাণ্ডা রুমে থাকুন। ঢিলেঢালা পোষাক পরিধান করুন এবং ঘর থেকে বাইরে বেরুলে প্রচণ্ড রোদের হাত থেকে রক্ষা পেতে হলে হ্যাট পরার জন্যে পরামর্শ দেয়া হয়েছে।

এ ব্যাপারে আরো বিস্তারিত জানার জন্যে ০২০৭ ৬৫৫ ৪০৬৬ এই নম্বরে ফোন করার জন্যে অনুরোধ করা হয়েছে।

ক্যানারি ওয়ার্কে প্রথম

মুসলিম চ্যাপলেইন নিযুক্ত

দি ক্যানারি ওয়ার্ক চ্যাপলিয়েন্সি ক্যানারি ওয়ার্ক এলাকার বাসিন্দা ও কর্মরতদের জন্যে ইসলাম ধর্মে অভিজ্ঞ শাযখ ইবরাহিম মুগরাকে ক্যানারি ওয়ার্কে নিজস্ব ধর্মীয় উপসানালয়ে মুসলিম ধর্মের প্রতিনিধি হিসাবে নিয়োগ দেয়া হয়েছে।

শাযখ ইবরাহিম মোগরা সপ্তাহে একদিন মুসলমানদের জন্যে ধর্মীয় পরামর্শ প্রদান করবেন বলে জানানো হয়েছে। ক্যানারি ওয়ার্কে এই ধর্মীয় উপাসনালয়ে অন্যান্য ধর্মের যেসব প্রতিনিধি রয়েছেন তারা হলেন এঙ্গলিকান ধর্মযাজক রেভারেন্ড ফিওনা স্টুয়ার্ট-ডেয়ারিং, রোমান ক্যাথলিক ধর্মযাজক ভ্রাদিমির ফেলটজম্যান, ইহুদি ধর্মযাজক রাব্বি মসে ফ্রিম্যান।

সমাজবিরোধী আচরণের

দায়ে এক ব্যক্তির অর্থ দত্ত

বিভিন্ন ধরনের সমাজ বিরোধী কার্যকলাপের দায়ে এক ব্যক্তির বিরুদ্ধে টাওয়ার হ্যামলেটস্ কাউন্সিল আইনী পদক্ষেপ নিলে আদালত তাকে ২০৫ পাউন্ড জরিমানা করে।

সম্প্রতি টেমস ম্যাজিস্ট্রেট কোর্টে অনুষ্ঠিত শুনানীতে আদালত অভিযুক্ত জসোয়া ওয়ারেন-নকে অফিসারদের কর্তব্যে বাধা দানের জন্য ৭৫ পাউন্ড এবং উচ্ছৃঙ্খল আচরণের জন্য ৫০ পাউন্ড জরিমানা করেন। একই সাথে মামলার খরচ বাবদ আরো ৫০ পাউন্ড ও ভিক্টিম সারচার্জ বাবদ ২০ পাউন্ড প্রদানের নির্দেশ দেন।

আদালতে শুনানীকালে ওয়ারেন তার বিরুদ্ধে আনা টাওয়ার হ্যামলেটস্ এনফোর্সমেন্ট অফিসার (টিএইচইও) দের কর্তব্য কাজে বাধাদান, হুমকি প্রদান ও বাজে আচরণের অভিযোগ স্বীকার করে নেয়। উল্লেখ্য, বেথনাল গ্রীনের জেরেমি বেনথাম হাউজের বাসিন্দা জসোয়া ওয়ারেনের বিরুদ্ধে শব্দগত উপদ্রব সৃষ্টির অভিযোগ পেয়ে টিএইচইও-রা সেখানে গেলে সে গালিগালাজ

করে ও হুমকিমূলক আচরণ করে।

মেয়র, লুৎফুর রহমান বলেন, এই ব্যক্তিটির অসদাচরণ ও হুমকিমূলক আচরণ তার চারপাশে মানুষগুলোর জীবনকে বিষিয়ে তুলছিলো, যা মোটেই গ্রহণযোগ্য নয়। থিওরা হচ্ছে স্পেশাল টাক্সফোর্স, এ ধরনের এন্টি-সোশ্যাল বিহেবিয়ার রোধ করতে বিশেষায়িত এই গ্রুপ গঠন করা হয়েছে।

ডেপুটি মেয়র, কাউন্সিলর অহিদ আহমদ বলেন, এই শাস্তিমূলক ব্যবস্থা গ্রহণের মধ্য দিয়ে এটাই প্রমাণিত হলো যে যে কোন ধরনের সমাজ বিরোধী কার্যকলাপকে আমরা সর্বোচ্চ গুরুত্বের সাথে নিয়ে থাকি। আমরা কোন অবস্থাতেই অসামাজিক আচরণকে বরদাশত করবো না।

উল্লেখ্য, গত বছরের অক্টোবর থেকে এ বছরের এপ্রিল পর্যন্ত সময়ে থিওরা ১৪১২টি শব্দজনিত উপদ্রবের অভিযোগ পেয়ে অকুস্থলে হাজির হন।

সাইন্ডটেক ক্যারম ক্লাবের

পুরস্কার বিতরনি

সাইন্ডটেক ক্যারম ক্লাবের উদ্যোগে ক্যারম খেলায় অংশগ্রহন এবং এই খেলাকে জনপ্রিয় করার লক্ষ্যে যেসব ক্লাব সদস্যরা অবদান রেখেছেন তাদের ভূমিকাকে স্বীকৃতি দিয়ে পুরস্কার প্রদান করা হয়েছে। পুরস্কার বিতরনি অনুষ্ঠানে টাওয়ার হ্যামলেটসের মেয়র লুৎফুর রহমান, ডেপুটি মেয়র কাউন্সিলর ওহিদ আহমদ, কাউন্সিলর আব্দুল আসাদ, কাউন্সিলর শাহেদ আলি উপস্থিত ছিলেন।

টাওয়ার হ্যামলেটস

হেলথওয়াচের উদ্বোধন

হেলথ এবং সোশ্যাল কেয়ারের প্রতিনিধিত্বমূলক নতুন সংগঠন টাওয়ার হ্যামলেটস হেলথওয়াচের উদ্বোধন করা হয়েছে। উদ্বোধনী অনুষ্ঠানে বারার বাসিন্দা ও কমিউনিটি গ্রুপগুলোর প্রতিনিধিরা উপস্থিত ছিলেন। উদ্বোধনী অনুষ্ঠানে টাওয়ার হ্যামলেটস হেলথওয়াচের কার্যক্রম সম্পর্কে বিশদ চিত্র তুলে ধরে সংগঠন সম্পর্কে অবগত করানো হয়।

মেয়র লুৎফুর রহমান বলেছেন, “হেলথওয়াচ টাওয়ার হ্যামলেটসের বাসিন্দাদের হেলথ সার্ভিস দানকারীদের দায়বদ্ধ রাখতে পারবে। আমি আশা করি এই নতুন সংগঠন সেবা পাওয়ার ব্যাপারে সোচ্চার ভূমিকা রাখতে পারবে।”

হেলথ এন্ড ওয়েলবিয়িং এর কেবিনেট মেম্বর কাউন্সিলর আব্দুল আসাদ এ ব্যাপারে মন্তব্য করতে গিয়ে বলেছেন, “আমরা হেলথ প্রফেশনাল, সহযোগি সংগঠনগুলোর সাথে কাজ করার সাথে সাথে বারার হেলথ ইস্যুগুলোর দিকে আলোকপাত করতে চাই।

■ The above stories are: stay safe during the summer heat-wave – issue 969; Canary Wharf appoints its first muslim chaplain; man fined for anti-social behaviour; Soundtek Carrom Club award ceremony – page 9; Tower Hamlets Healthwatch launched.



KNOW YOUR COUN

Tower Hamlets Council has a system of governance in which the elected mayor, Lutfur Rahman, has personal responsibility and executive powers. Mayor Rahman is responsible for determining and delivering a wide range of policies and priorities. He is advised by his cabinet of nine

councillors and by council officers. You can contact Mayor Rahman at the Town Hall, call 7364 4993 or email mayor@towerhamlets.gov.uk

The members of the cabinet (*) are: **Cllr Ohid Ahmed**, Deputy mayor

Cllr Alibor Choudhury, Resources
Cllr Rabina Khan, Housing
Cllr Rania Khan, Culture
Cllr Oliur Rahman, Children's services
Cllr Rofique Uddin Ahmed, Regeneration

Cllr Sh Jobs an
Cllr Sh
Environ
Cllr Ab
Health
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5 Clove

BLACKWALL & CUBITT TOWN



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1st Fri 6-7pm, Island Gardens Neighbourhood Centre, 137 Manchester Rd; every Sat 2-3pm, Cubitt Town Library, Strattondale Street.

BOW EAST



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BOW WEST



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JOSHUA
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LIMEHOUSE



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Surgeries 1st Sat 3-4pm, Birchfield Senior Citizens Club, 50 Saltwell St; 3rd Sat 3-4pm, Portacabin, St Vincent Estates.



LUTFA BEGUM (I)
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Email cllr.lutfa.begum@towerhamlets.gov.uk
1st Sat 11am-12pm, Portacabin, St Vincent Est; 3rd Mon 11am-12pm, Hind Grove Comm Centre, Hind Grove; 4th Sat 11am-12pm, Wigram Hse, Wades Pl; 2nd Sat 11am-12pm, Dora Hall, Dora St.



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MILE END EAST



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MILE END & GLADSTONE



ROFIQUE UDDIN AHMED (I) *
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2nd & 4th Fri 4.30-5.30pm, Aral House, Ernest St. By appointment only.



BILL TURPIN
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SPITALFIELDS & BANGLATOWN



HELAL ABBAS (L)
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GULAM ROBBANI (I)
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1st and 3rd Mon, 5-6pm, Montefiore Centre, Hanbury Street, E1; 2nd & 4th Mon, 5-6pm, BBC Community Centre, Toynbee Street.



FOZOL MIAH (R)
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ST DUNSTAN'S & STEPNEY GREEN



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OLIUR RAHMAN (I) *
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1st & 3rd Thurs, Anglia Hse, Salmon Lane; 2nd Thurs, Redcoat Comm Centre, 256 Stepney Way; 4th Thurs, Stifford Centre, 2-6 Cressy Place. All at 6-7pm.



ABDAL ULLAH (L)
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ST KATHARINE



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DENISE J
Tel. 07956 1
Email cllr.D@towerhamlets.gov.uk
2nd Sat 11am, Stockholm Swedenborg, 4th Sat, 11am, Prusom Str

COUNCIL

Shafiqul Haque,
and Skills
Shahed Ali,
nment
Mdul Asad,
and Wellbeing
Councillors can be contacted
Town Hall, Mulberry Place,
e Crescent, Poplar, E14 2BG.



SHAFIQU L

090 735
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nlets.gov.uk

ace One



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GLOBE TOWN



TURNER (L)

37
49
will.turner@
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t 10.30am-12.30pm, Albert Jacob
oman Rd - in rotation.



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BETHNAL GREEN NORTH



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SIRAJUL ISLAM (L)

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BROMLEY-BY-BOW



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4th Sat 11am-12noon, Linc Centre, Fern St; 1st, 2nd & 3rd Sat 11am-12noon, 26 Stroudley Walk.



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1st, 3rd & 4th Fri, 5.30-6.30pm, Bromley-by-Bow Health Centre; 2nd Fri, 6-7pm Linc Centre, Fern St.

EAST INDIA & LANSBURY



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RAJIB AHMED (L)

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MILLWALL



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1st Mon 6-7pm, Glamis TA Hall, Cable St; 3rd Fri 6-7pm, Tarling Comm Centre, Martha St; 4th Fri 6-7pm, Darul Ummah, 50-56 Bigland St; email for full details.



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WEAVERS



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4th Sat 11am-12noon, 2 Jarman Hse, Jubilee St; 2nd Sat 11am-12noon, Children's Education Group, Harkness Hse.



A tragic end

Playwright Joe Orton was murdered aged 34 by his former lover.

DETAILS BELOW



Next stop: Edinburgh

Don't miss musical comedy duo Horse and Louis at The Yard Theatre before they head north of the border to the Edinburgh Fringe Festival.

SEE BELOW

Out & about guide

What's on where this week

Comedy

Horse and Louis – Edinburgh Preview

Musical comedy duo perform a preview for their upcoming spot at the Edinburgh Fringe festival, with games, songs, prizes and bingo. £5. Tues, Jul 30, 8pm. The Yard Theatre, Unit 2, Queen's Yard, E9. www.yardtheatre.co.uk

We are Funny

Large group of comedians perform five to ten minutes of material every Tuesday and Wednesday, the latter often with a longer set from a pro from the circuit. Free. Tues & Weds, Jul 30 & 31, 8pm. Dirty Dicks, Bishopsgate, EC2. 7283 5888

Exhibitions

Gutter

Street art and graffiti work on display alongside a special series of live spray painting, MCs and beat boxers, break dancers, DJs and free giveaways. Free. Thurs, Aug 1-Fri, Aug 9, times vary.



Carlton Café, 4 Roach Road, E3. exhibitions@lairzaye.com

Music

Sink the Pink get Married

Crazy monthly night with resident

DJs playing a mix of pop and sing-along classics, plus fancy dress, prizes and more. £8-£12.

Sat, Aug 3, 8pm. Bethnal Green Working Men's Club, 42-46 Pollard Row, E2. www.workersplaytime.net



La Tempesta

Part of Canary Wharf Children's Theatre Festival, this innovative show combines puppetry and aerial theatre in a performance for children aged three to seven. Free. Tues, Jul 30, 1.30pm. Jubilee Park, Canary Wharf, E14. www.canarywharf.com

Theme Park

London synth-pop group whose debut album was strongly received earlier this year play their summer sounds at the popular Shoreditch spot. £12.50. Sat, Aug 3, 5pm. Village Underground, 54 Holywell Lane, EC2. www.villageunderground.co.uk

Iron Maiden

East London rockers raise the roof in front of a packed crowd at The O2 – the metal legends play all the tracks from their late-80s heyday. £80-£150. Sat & Sun, Aug 3 & 4, 6.30pm. The O2, Peninsula Square, SE10. www.theo2.co.uk

Theatre

Entertaining Mr Orton

For the 80th anniversary of the birth of 1960s playwright Joe Orton, Tower Theatre imagines his life as if he had written it himself. £12-£14. Fri, Aug 2, 8pm. Arcola Theatre, 24 Ashwin Street, E8. www.arcolatheatre.com

Dance

Brazilian dance classes

Thurs, 1-2pm. £2 per class. Alpha Grove Community Centre, Alpha Grove, E14. 7538 1714 www.danceartuk.com

DanceArt Project

Ballet for children every Thurs, 3-5 years, 4pm; ages 6-9, 5pm. Alpha Grove Community Centre, Alpha Grove E14 8LH.

07402 022736

Energize4Girlz

South African gumboot dancing. Every other Saturday from 11am-12:30pm. St Pauls Shadwell Church, 302 The Highway, E1. energize4girlzdance@gmail.com

Free classes in dance aerobics Thurs, 5.45-6.45pm; and

creative dance fitness, Fri, 11am-12noon. All welcome. Alpha Grove Community Centre, Alpha Grove, E14. 7538 1714

Green Candle Youth Dance Co

Ages 11-14. Tues, 4-5.30pm, free. Oxford House, Derbyshire Street, E2. 7739 7722

Green Candle Senior Dance

Over-60s, no experience is necessary. Tues, 10.30am-12pm, free. Oxford House, Derbyshire Street, E2. 7739 7722

Salsa

For dancers of all experience, beginners welcome, followed by dancing until midnight. Prices vary. Every Tues & Weds, 7.30-9.30pm. The Urban Bar, 176 Whitechapel Road, E1. 07932 658861

Zumba classes

Every Tues 11.15am-12.15pm. Healthy living sessions every Fri, 11am-3pm. St Matthias Community Centre, 113 Poplar High St, E14. 7515 8362

Kids

Ballet for children

Every Thurs, 4pm for ages 3-5, 4.40pm for ages 6-8. Alpha Grove Community Centre Alpha Grove E14. 7538 1714

Children's dance classes

Tap, ballet and modern jazz classes. Thurs, 4-6pm, term-time only. £1.50. Dockland Settlements, 197 East Ferry Road, E14. 7093 3146

Dance play

Dance and movement for parents/carers and children aged 1-5. Tues, 1.45-2.45pm, £1.50 (concessions available). Language of Dance Centre, Oxford House, Derbyshire Street, E2. 7749 1131

Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm. Tower Project, 45-55 White Horse Road, E1. naima@towerproject.org.uk 7790 9085

Kids' creative dance classes

For ages 2-16. Tues afternoons and Sat mornings. £36 per term/£24 concs. Chisenhale Dance Space, 64-84 Chisenhale Road, E3. 8981 6617

www.chisenhale dance space.co.uk

Pollyanna Training Theatre

Drama and musical theatre for ages 4-16 in Wapping, E1. 7481 1911

Rhyme time

Thurs, 2-3 pm. Watney Market Library, 30-32 Watney Market, E1. 7790 4039

Young & talented?

Performing arts group for 6- to 16-year olds. Sats, 10.30am-1.30pm, term-time. Oxford House, Derbyshire Street, E2. 8556 5348

Music

Creative Unity steel band

Steel pan classes Thurs, 6.30-8.30pm. St Matthias Community Centre, 113 Poplar High Street, E14. 07808 847974

Email your date for our diary to eastendlife.news@towerhamlets.gov.uk

St. Barnabas Church
(corner of Grove Road/Roman Road)

SUMMER SCHEME

5th-9th August (Age 11-16)
10.00am-4.00pm

Activities including kayaking, high ropes, cinema, swimming and bowling

Open to young people with an E3 postcode
A free scheme funded by Action for Bow

Please contact Lindsay Turner on
lindsayturner@btinternet.com
or Jane Venn on 07411 181 346

Action for Bow



Do your moves with Baby & Johnny

Intended as a straight-to-video production, Dirty Dancing was a surprise hit, gaining worldwide success and earning more than \$200million at the box office.

WWW.FUTURECINEMA.CO.UK/TICKETS



Techie Talks

Go behind the scenes of one of London's greatest icons.

WWW.TOWERBRIDGE.ORG.UK

Out & About



Paola Pivi, *Have you seen me before?*, 2008, Courtesy Collezione Sandretto Re Rebaudengo

Innovative art at the Whitechapel

BY TOM SHEEN

THE Whitechapel Gallery is continuing its role as a leading light of the arts in east London with a number of interesting and important exhibitions over the summer.

Four exhibitions are currently running inside the grand building on Whitechapel High Street, decorated outside with Rachel Whiteread's frieze, The Tree of Life.

Giuseppe Penone's **Spazio di Luce (Space of Light)** is the latest exhibition to take the Bloomberg Commission. The experienced Italian artist has created a 12-metre bronze cast of a tree, with a gold-leaf interior, that spreads across the columned gallery.

For the **Spirit of Utopia**, ten artists and collectives from

around the world have speculated on the future of the economy, the environment and society itself.

One example, from Theaster Gates, has created a pottery studio to represent teaching, skill and craft, while another, Wayward Plants, has created a greenhouse that uses experimental ways to grow tomatoes, potatoes and mustard plants.

The gallery steps back in time for **Black Eyes and Lemonade** – in 1951 an exhibition of the same name opened at the gallery, looking at popular art of the time as part of the Festival of Britain.

This version from the archives looks at the original exhibits, unseen material from the archives, as well as artefacts from Barbara Jones, the original artist, designer and writer for the exhibition.

Bordering on the bizarre,

Collezione Sandretto Re Rebaudengo: **Have you seen me before?** features a bear with soft fur made of fluffy chicken feathers (pictured above) as the central work in the collection, while other oddities include a large still-life sculpture with oversized cheese.

The exhibition attempts to erase the boundary between fiction and reality.

The Whitechapel continues to run a number of educational programmes and projects, and there are a number of events where young people can use the gallery to host their own exhibitions, talks and even musical performances.

Whitechapel Gallery is at 77-82 Whitechapel High Street, E1, and is open every day but Monday. For full listings and more information visit www.whitechapelgallery.org

Remembering local legend

THEATRE Royal Stratford East has launched a public appeal for funds to build a sculpture in memory of legendary theatre director Joan Littlewood (pictured right).

Internationally acclaimed artist Philip Jackson has already been commissioned to produce the bronze sculpture that will sit in Theatre Square, Stratford.

More than half the funds have already been raised but the theatre is asking the public to donate the remaining £120,000.

The sculpture will be based on a famous picture of Joan sitting outside the theatre in the 1970s when it faced the threat of demolition.

Littlewood had a long relationship with the theatre, after bringing her Theatre Workshop



Company to Stratford in 1953.

Championing the working classes she gave a voice to the stories and actors of east London, gaining an international reputation as one of the most progressive theatres in the world.

Productions of *A Taste of Honey* and *Oh! What a Lovely War* were made into films and toured internationally.

For more information visit www.joanlittlewood.com



FOLLOWING the sold-out screenings of Grease last summer, Future Cinema returns for you to dust off your dancing shoes this summer. The cinema will transfer you back to the summer of '63 where you can join Baby and Johnny to dance the night away with Dirty Dancing.

Last year's production of Grease was a huge event, with more than 9,000 guys and gals recreating the music and moves shown on screen.

Tickets for Dirty Dancing are on sale now, costing between £27.50 and £35. The event takes place between August 30 and September 1 at a secret east London location. Visit www.futurecinema.co.uk/tickets

News in brief

Behind the scenes at Tower Bridge

ONE of London's most famous landmarks will offer new talks to show exactly how it operates behind the scenes.

Tower Bridge will invite visitors into the engine room to see how the bridge machinery works. Expert engineers will be on hand to talk through this marvel of Victorian engineering.

Techie Talks are available throughout the summer holidays and are included in the admission price for the exhibition.

Family tickets start at £12.50. For more details and to book visit www.towerbridge.org.uk

Unmissable day for all in Vicky Park

VICTORIA Park will once again host a Great Day Out, a family fun day with something for everyone.

The event has been very popular in recent years and promises to repeat its success this year, with a number of performances and activities taking place throughout the day.

One of the highlights will be Stepney Brownies hosting the Fortismere Community Brass Band as part of the Friends of Victoria Park Bandstand Season.

A Great Day Out is free and takes place in Victoria Park, E3, on Saturday, August 3 from 11am to 5pm. Visit www.towerhamletsarts.org.uk

Film making, blogs and more for 16-21s

RICH Mix will host a month of free activities for 16- to 21-year-olds when the Youth Takeover returns.

The month-long event gives people of all backgrounds the opportunity to express their creativity and develop artistic interests.

Daily activities include interactive workshops and master classes in film making, creating a blog, spoken word, dance theatre, media and more.

The Youth Takeover is at Rich Mix, 35-47 Bethnal Green Road, E1 from August 2-26. For full listings visit www.richmix.org.uk



Tickets to LIMBO up for grabs

EAST End Life and Underbelly Ltd have teamed up to offer readers the chance to win one of four pairs of tickets to acclaimed circus show, LIMBO.

The circus is headlining the London Wonderground Festival on the South Bank throughout August and September. The Wonderground offers live entertainment, fairground rides and outdoor bars.

Send your answer to the question below to east-endlife.news@towerhamlets.gov.uk with 'LIMBO

Comp' in the subject line before 5pm on Monday, August 5, or on a postcard, with a contact phone number, to 'LIMBO Comp', East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG.

Q. Where is LIMBO taking place?

a) South Bank b) North Bank c) West Bank

LIMBO continues at London Wonderground until September 29. Tickets cost from £10. Visit www.londonwonderground.com

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WWW.LOVEFOODHATEWASTE.COM

Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

CALL OUR ADS TEAM ON 7364 4940

Eating out, eating in

Children's choices could be better at store café

BY MUNCHING MAMA

MY friend and I took our toddlers to the Whitechapel Idea Store café for an early lunch.

The café is on the fourth floor, with good views up and down Whitechapel Road. There are high chairs, and nicely spaced out tables. The serving lady was very welcoming, and helpfully took the kids food order separately so it could be prepared first.

The menu has a range of breakfasts, salads, sandwiches, quiches, Malaysian options and children's food. Many of the food dishes are displayed on clingfilmed plates at the serving counter, and then taken into the kitchen to be heated up.

The children's meals were enjoyed by the children but sadly disappointed the adults. There is plenty of creative and healthy eating advice available in Tower Hamlets, and the Idea Store cafés are in a position to lead by example.

Yet our children were served soggy-based pizza with over-hot toppings and macaroni cheese that tasted like it came from a packet. Each came with a drink or piece of fruit, but could (and should!) have been much better.

The adults' food was good. My friend had a brie and tomato baguette and I had the roast veg quiche, both tasty enough, and each with a lovely salad.



Disappointing children's menu at the Idea Store Whitechapel café

We also got a couple of savoury puffs, one with tomato filling, the other with spinach and they were really delicious – well seasoned, rich flavours with light puff pastry.

We decided to have dessert to go, and had chocolate cake, carrot cake and lemon meringue pie between us, while the kids dozed in their buggies.

The food was all very inexpensive – £4-£5 for the main meals, £1 for the savoury puffs and cake slices £2.50.

We decided to return for more savoury snacks, cakes, and let the kids eat adult food.

Idea Store Whitechapel is at 321 Whitechapel Road, E1. Tel: 7364 4332

Chicks on sticks that kids'll love

THIS month's recipe comes from the Love Food Hate Waste website.

This kid's favourite uses a crispy coating made from leftover cheese and bread-crumbs made from slightly old bread. Serve with potato wedges or baked potatoes, car-

rots and cucumber sticks.

If you have a recipe to suggest using leftovers or tips about reducing the amount of food we throw away, you could win £50 worth of shopping vouchers!

Email your offerings to recycling@towerhamlets.gov.uk

Crispy chicken skewers – serves 4

Ingredients

75g slightly stale bread
40g leftover cheese, crumbled or grated
Salt and ground black pepper
12 chicken fillets or 4 skinless chicken breasts, cut into long strips, defrosted

FOR THE MAYONNAISE DIP:

6 tbsp mayonnaise
2 garlic cloves, crushed
3 tbsp fresh chopped herbs, such as basil, tarragon or parsley
1 tbsp oil
1 lemon, cut into wedges

Method

1. Soak bamboo skewers in a shallow tray for about 15 minutes.
2. Put the bread in a food processor and process to crumbs. Transfer to a bowl, stir in the cheese and season.
3. Mix the mayonnaise, garlic, herbs and seasoning in a bowl.
4. Put the chicken into a bowl and use 4 tbsp of mayonnaise mixture to coat the chicken pieces. Save the remainder of the sauce for dipping.
5. Weave the chicken onto bam-

boo sticks and toss into the bread crumb and cheese mixture.

6. Place onto a non-stick baking sheet and drizzle with oil.
7. Cook under a pre-heated hot grill for 4-5 minutes on each side.
8. Serve with the remaining mayonnaise and lemon wedges.

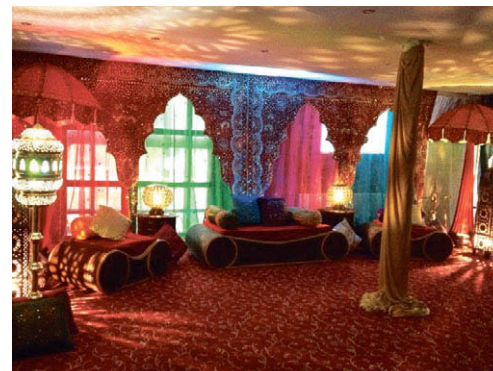
Cooks tips

Keep breadcrumbs in the freezer in bags, they can be used straight from the freezer for toppings, coating fish cakes and adding to stuffing.

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Local Housing Allowance Rates

April 2013

Type of Accommodation	Local Housing Allowance
* Shared Accommodation	£94.38 per week
1 Bedroom	£245.00 per week
2 Bedroom	£296.38 per week
3 Bedroom	£347.48 per week
4 Bedroom & above	£408.80 per week

*The shared accommodation rate will be used for single people under 35 years of age and single tenants/couples who only have exclusive use of one room and share other facilities.



Gateway Housing Association
Supporting local communities to thrive



BETTY MAY GRAY CHARITY GRANTS 2013

We are pleased to announce that the Betty May Gray Charity grant is running again this year. The charity was established in 1930 and is administered by Gateway Housing Association.

Over the years the Betty May Gray Charity has assisted many Tower Hamlets community groups and tenant associations to enhance the quality of life for residents living in their communities; especially those who are considered to be in a condition of need, hardship or distress. Priority is given to those groups that have limited access to funds.

This year the fund has been matched equally by Gateway. This means a total of £9000 providing a grant of up to £800 per group.

Further details and an application form can be obtained from:-

Lucia Deere, Resident Involvement Officer

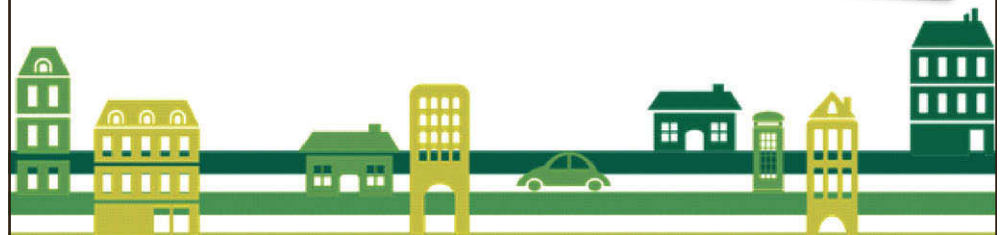
Tel: 020 8709 4360/4381

Email: involvement@gatewayhousing.org.uk

The closing date for applications is **Friday 16th August 2013.**

www.gatewayhousing.org.uk

We encourage all resident groups in Tower Hamlets to apply.



Managing homes for the council

Tower Hamlets Homes is an arm's-length management organisation (ALMO) managing approximately 22,000 tenants and leasehold properties on behalf of the council.

WWW.TOWERHAMLETSHOMES.ORG.UK

Big in Poplar

Poplar Harca is a registered social landlord that owns and manages around 9,000 homes.

WWW.POPLARHARCA.CO.UK

Property

'Excellent' improvements at Tower Hamlets Homes

BY LARAINÉ CLAY

TOWER Hamlets Homes (THH) has become the first housing provider in London to be rated 'excellent' by the Local Government Association.

Assessors met more than 130 residents, community and voluntary partners, board members, youth ambassadors and employees during a three-day review earlier this month.

They looked at five different areas of THH's service as part of the social housing equality framework developed as a measure of performance.

THH is an arm's-length man-

agement organisation (ALMO) providing housing for the council since 2000.

One resident said there had been the most "extraordinary improvement" since it took over and a community partner added: "Tower Hamlets Homes strives to be visibly gay friendly."

The peer review team also visited the Bling My Hood project and Teesdale Family Garden and Community Food Garden schemes.

The assessment team said THH had excellent knowledge of its residents, and used it to provide personalised services that support diverse community groups.

THH chief executive Gavin Cansfield said: "This is a fantastic result. We have made huge improvements across our services for residents and staff from all community groups."

"The accreditation demonstrates to service users and other stakeholders that equality really is at the heart of everything we do."

The five areas the peer reviewers looked at were: knowing your communities; leadership, partnership and organisational commitment; community engagement and satisfaction; responsive services and customer care; and a skilled and committed workforce.



A THH employee gives advice to a resident

News in brief

Harca bond boost

HOUSING association Poplar Harca has secured £140 million of funding in the form of a bond, rather than relying on bank debt.

Chief executive Steve Stride said the money will be used to invest more in re-shaping its estates and delivering business plan aspirations.

"The regeneration plans are driven by our residents and will bring new homes, amenities and opportunities," he said.

"It is the first time Poplar Harca had raised bond finance, previously relying on bank debt."

The 30-year bond has a fixed interest rate of 4.843 per cent.

Have your say on the future of Chrisp Street. Complete the survey below and you could win £100 worth of vouchers. Just open the link to begin the survey www.surveymonkey.com/s/ChrispStreetSurvey



A MIXED use development creating more than 200 new homes in Poplar has been given the go ahead.

The scheme in Carmen Street next to Langdon Park DLR station is part of the regeneration of the Chrisp Street area.

Developers Ballymore say the development, with its new landscaping and public amenity spaces, will ensure that the approach to Langdon Park station becomes a lively and well-used public space. The 206 new homes will include a significant proportion for social rent

and almost one fifth of them will be larger units suitable for families.

The scheme will also have a

children's nursery, balconies, terraces and garden spaces, and a 'semi basement' car park.

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You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

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website: www.towerhamlets.gov.uk

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet 'Support Charges in long term Supporting People Services'. This is also available on our website www.towerhamlets.gov.uk.

Further information on homes advertised
is available at One Stop Shops &
Neighbourhood Housing Offices

Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	Description
A Wheelchair Accessible	Purpose built to meet most recent wheelchair housing standards
B Partially Wheelchair Accessible	Designed to older wheelchair housing standards
C Life time Homes	Specifically designed to create an accessible and adaptable home
D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.



1. Internet Bidding
Just log on to www.thhs.org.uk



2. Telephone Bidding
Simply call 0845 270 2400

Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme (www.tfl.gov.uk/cycling) and local pay-as-you-go car clubs (www.carplus.org.uk) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit

Transfer Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit www.towerhamlets.gov.uk/parking



OVER 60's
Accessible Category F
CABLE STREET, E1W

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

Eligibility : Min Client Age 60

£122.44, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing
Property Ref: 27555



OVER 50's
Accessible Category F
BARBER BEAUMONT HOUSE, BANCROFT ROAD, E1

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

Eligibility : Min Client Age 50

£99.27, Weekly - Social Rent
Landlord: Tower Hamlets Council
Property Ref: 27560



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
OLD CHURCH ROAD, E1

Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • Check heating on viewing • No garden • Pets permitted

£85.06, Weekly - Social Rent
Landlord: Tower Hamlets Council
Property Ref: 27552



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
BISCOTT HOUSE, DEVAS STREET, E3

Flat • 0 Bed 1 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£98.37, Weekly - Social Rent
Landlord: Poplar HARCA
Property Ref: 27523



1 BEDROOM
Accessible Category E
GALVESTON HOUSE, HARFORD STREET, E1

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • Check heating on viewing • No garden • Pets permitted

£108.25, Weekly - Social Rent
Landlord: Tower Hamlets Council
Property Ref: 27541



1 BEDROOM
Accessible Category F
LIMBOROUGH HOUSE, THOMAS ROAD, E14

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£114.53, Weekly - Social Rent
Landlord: Poplar HARCA
Property Ref: 27522



1 BEDROOM
Accessible Category F
KILDARE WALK, E14

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted

£119.43, Weekly - Social Rent
Landlord: Poplar HARCA
Property Ref: 27564



1 BEDROOM
Accessible Category F
CAMPION HOUSE, FRANCES WHARF, E14

Flat • 1 Bed 2 Person • 3rd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • Balcony • Car free home • Pets not permitted

Preference to Housing Moves applicants

£133.24, Weekly - Social Rent
Landlord: Dominion Housing Group
Property Ref: 27557



1 BEDROOM
Accessible Category D
MILLHARBOUR, E14

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted . 5 year fixed term tenancy only applies to those who do not currently hold a secure or assured social housing tenancy

£151.73, Weekly - Social Rent
Landlord: Swan Housing Association
Property Ref: 27512



1 BEDROOM
Accessible Category F
KEDLESTON WALK, E2

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£108.67, Weekly - Social Rent
Landlord: Tower Hamlets Council
Property Ref: 27517



1 BEDROOM
Accessible Category F
PERLEY HOUSE, WEATHERLEY CLOSE, E3

Flat • 2 Bed 2 Person • 6th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£127.09, Weekly - Social Rent
Landlord: Poplar HARCA
Property Ref: 27520



1 BEDROOM
Accessible Category C
COLUMBIA HOUSE, HAMLETS WAY, E3

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted with permission

£113.83, Weekly - Social Rent
Landlord: EastendHomes
Property Ref: 27543



1 BEDROOM
Accessible Category F
GRAFTON HOUSE, WELLINGTON WAY, E3

Flat • 1 Bed 2 Person • 15th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Pets permitted with permission

£121.56, Weekly - Social Rent
Landlord: EastendHomes
Property Ref: 27521



1 BEDROOM
Accessible Category F
ROSEBANK GARDENS, E3

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£103.67, Weekly - Social Rent
Landlord: Tower Hamlets Council
Property Ref: 27515



2 BEDROOMS
Accessible Category F
CLICHY HOUSE, STEPNEY WAY, E1

Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£115.27, Weekly - Social Rent
Landlord: Tower Hamlets Council
Property Ref: 27518



2 BEDROOMS
Accessible Category F
WODEHAM GARDENS, WODEHAM STREET, E1

Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted

£134.29, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing
Property Ref: 27556



2 BEDROOMS
Accessible Category F
DONEGAL HOUSE, CAMBRIDGE HEATH ROAD, E1

Flat • 2 Bed 4 Person • 6th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£111.81, Weekly - Social Rent
Landlord: Tower Hamlets Council
Property Ref: 27567



2 BEDROOMS
Accessible Category D
MILLHARBOUR, E14

Flat • 2 Bed 4 Person • 7th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted . 5 year fixed term tenancy only applies to those who do not currently hold a secure or assured social housing tenancy

£159.21, Weekly - Social Rent
Landlord: Swan Housing Association
Property Ref: 27514



2 BEDROOMS
Accessible Category F
GARNET STREET, E1W

Flat • 2 Bed 3 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

£133.75, Weekly - Social Rent
Landlord: Spitalfields HA
Property Ref: 27559



2 BEDROOMS
Accessible Category F
SULKIN HOUSE, KNOTTISFORD STREET, E2

Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£111.95, Weekly - Social Rent
Landlord: Tower Hamlets Council
Property Ref: 27568



2 BEDROOMS
Accessible Category F
GRIMSBY STREET, E2

Flat • 2 Bed 3 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

£125.74, Weekly - Social Rent
Landlord: Newlon HA
Property Ref: 27539



2 BEDROOMS
Accessible Category F
WITATAN STREET, E2

Flat • 2 Bed 3 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

£139.50, Weekly - Social Rent
Landlord: Spitalfields HA
Property Ref: 27569



2 BEDROOMS
Accessible Category F
TILLETT WAY, E2

Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£120.80, Weekly - Social Rent
Landlord: Tower Hamlets Council
Property Ref: 27516



2 BEDROOMS
Accessible Category F
STRICKLAND HOUSE, CHAMBORD STREET, E2

Flat • 2 Bed 4 Person • 5th floor • Separate kitchen • One lift • Entryphone • Wet room (walk in shower) • GCH • No garden • Pets permitted

£118.49, Weekly - Social Rent
Landlord: Tower Hamlets Council
Property Ref: 27544



2 BEDROOMS
Accessible Category F
JAMES HAMMETT HOUSE, RAVENSCROFT STREET, E2

Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted

£113.86, Weekly - Social Rent
Landlord: Tower Hamlets Council
Property Ref: 27513



2 BEDROOMS
Accessible Category F
SANKEY HOUSE, ST JAMES AVENUE, E2
Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom with W/C • GCH • No garden • Pets permitted

£122.62, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27551



2 BEDROOMS
Accessible Category F
BYAS HOUSE, BENWORTH STREET, E3
Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£110.27, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27547



3 BEDROOMS
Accessible Category F
WELTON HOUSE, STEPNEY WAY, E1
Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets permitted

£128.06, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27545



3 BEDROOMS
Accessible Category C
SILK HOUSE, KILLICK WAY, E1
Flat • 3 Bed 5 Person • Ground Floor • New build • Kitchen diner • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets not permitted
Preference will be given to existing Ocean Estate Council Decant Tenants

£170.77, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27532



3 BEDROOMS
Accessible Category C
SILK HOUSE, KILLICK WAY, E1
Maisonette • 3 Bed 5 Person • Ground Floor • New build • Kitchen diner • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets not permitted
Preference will be given to existing Ocean Estate Council Decant Tenants

£175.10, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27533



3 BEDROOMS
Accessible Category C
SILK HOUSE, KILLICK WAY, E1
Flat • 3 Bed 5 Person • 1st floor • New build • Kitchen diner • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted
Preference will be given to existing Ocean Estate Council Decant Tenants

£171.01, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27534



3 BEDROOMS
Accessible Category C
SILK HOUSE, KILLICK WAY, E1
Flat • 3 Bed 5 Person • 2nd floor • New build • Kitchen diner • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted
Preference will be given to existing Ocean Estate Council Decant Tenants

£171.01, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27535



3 BEDROOMS
Accessible Category C
SILK HOUSE, KILLICK WAY, E1
Flat • 3 Bed 5 Person • 3rd floor • New build • Kitchen diner • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted
Preference will be given to existing Ocean Estate Council Decant Tenants

£171.01, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27536



3 BEDROOMS
Accessible Category C
SILK HOUSE, KILLICK WAY, E1
Flat • 3 Bed 5 Person • 4th floor • New build • Kitchen diner • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted
Preference will be given to existing Ocean Estate Council Decant Tenants

£171.01, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27537



3 BEDROOMS
Accessible Category D
SILK HOUSE, KILLICK WAY, E1
Flat • 3 Bed 5 Person • 5th floor • New build • Kitchen diner • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted
Preference will be given to existing Ocean Estate Council Decant Tenants

£171.01, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27538



3 BEDROOMS
Accessible Category C
PRINT APARTMENTS, DUCKETT STREET, E1
Maisonette • 3 Bed 5 Person • Ground Floor • New build • Kitchen diner • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets not permitted
Preference will be given to existing Ocean Estate Council Decant Tenants

Advert represents 3 properties
£167.95, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27526



3 BEDROOMS
Accessible Category C
PRINT APARTMENTS, DUCKETT STREET, E1
Flat • 3 Bed 5 Person • Ground Floor • New build • Kitchen diner • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets not permitted
Preference will be given to existing Ocean Estate Council Decant Tenants

£165.27, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27529



3 BEDROOMS
Accessible Category F
PRINT APARTMENTS, DUCKETT STREET, E1
Flat • 3 Bed 5 Person • 1st floor • New build • Kitchen diner • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted
Preference will be given to existing Ocean Estate Council Decant Tenants

Advert represents 2 properties
£166.54, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27530



3 BEDROOMS
Accessible Category G
BROOMFIELD STREET, E14
Maisonette • 3 Bed 5 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£148.45, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 27565



3 BEDROOMS
Accessible Category F
NEWCOURT HOUSE, POTT STREET, E2
Flat • 3 Bed 6 Person • 4th floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom with W/C • GCH • No garden • Pets permitted

£128.98, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27561



3 BEDROOMS
Accessible Category F
BROXBOURNE HOUSE, EMPSON STREET, E3
Flat • 3 Bed 6 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom with W/C • GCH • No garden • Pets permitted

£161.78, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 27524



3 BEDROOMS
Accessible Category F
WHITETHORN STREET, E3
Maisonette • 3 Bed 5 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom with W/C • GCH • No garden • Pets permitted
Preference to Housing Moves applicants

£147.38, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 27519



3 BEDROOMS
Accessible Category F
STRATFORD GARDENS, SS17
House • 3 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets permitted
Property in Thurrock Borough Council area

£0.00, Rent to be advised
Landlord: Southern Housing Group

Property Ref: 27554



4 BEDROOMS
Accessible Category F
THOMAS ROAD, E14
House • 4 Bed 6 Person • Ground Floor • Kitchen diner • No Lift • Bathroom with W/C and Additional W/C • GCH • Private garden • Pets not permitted • Town house over 3 floors

£161.38, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 27563



4 BEDROOMS
Accessible Category F
BRUNTON PLACE, E14
House • 4 Bed 8 Person • Ground Floor • Kitchen diner • No Lift • Shower Room with W/C • GCH • Private garden • Pets not permitted • Additional separate bathroom/WC

£164.26, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 27558



1. Internet Bidding –
Just log on to www.thhs.org.uk



2. Telephone Bidding –
Simply call 0845 270 2400

Reminder

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life.

Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at www.thhs.org.uk for further information.



Accessible Category F
ROFFEY STREET, E14

Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • All Electric - No Gas in property

FIXED TERM TENANCY

£164.00, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 27566



Accessible Category G
FARADAY HOUSE, BRIGHTLINGSEA PLACE, E14

Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

FIXED TERM TENANCY

£150.84, Weekly - Affordable Rent
Landlord: Circle 33 HA

Property Ref: 27542



Accessible Category C
HANNAFORD WALK, E3

Flat • 2 Bed 4 Person • 3rd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Pets not permitted

FIXED TERM TENANCY

£196.99, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 27546



Accessible Category C
BROOKS APARTMENTS, GEOFF CADE WAY, E3

Flat • 1 Bed 2 Person • 3rd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£176.18, Weekly - Affordable Rent
Landlord: Poplar HARCA

Property Ref: 27525



Accessible Category F
STRAHAN ROAD, E3

Flat • 2 Bed 3 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets not permitted

FIXED TERM TENANCY

£196.99, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 27548



Accessible Category G
DRIFFIELD ROAD, E3

Flat • 0 Bed 1 Person • Basement • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets not permitted • Flat is situated in the basement of a street property.

FIXED TERM TENANCY

£150.84, Weekly - Affordable Rent
Landlord: Circle 33 HA

Property Ref: 27550



Accessible Category G
OLD FORD ROAD, E3

Flat • 2 Bed 3 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

FIXED TERM TENANCY

£196.99, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 27562



Accessible Category F
LAKEVIEW ESTATE, OLD FORD ROAD, E3

Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted

FIXED TERM TENANCY

£150.80, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 27549



We are experiencing a very busy period and require all types of properties in your area.

We Urgently Require
1, 2, 3, 4 and 5 Bedroom Properties

3-5 years Guaranteed Rent

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Please contact the Acquisition Team on

020 8980 3377 Calls maybe recorded for training and monitoring



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236 ROMAN ROAD, LONDON E2 0RY : TELEPHONE: 020 8980 3377
FACSIMILE: 020 8980 9434 : EMAIL: INFO@HAMLETTS.COM

Helping ordinary people do extraordinary things

Osmani Trust Career Opportunities

YOUTH ACADEMY



Osmani Trust is a youth and community organisation operating in the heart of East London. We are seeking to appoint experienced and enthusiastic Teachers and Coaches to be part of the Youth Academy team. The Youth Academy is a new Saturday school for young people aged 9-16. The Youth Academy will aim to deliver the following programmes.

- National curriculum supplementary classes (KS2 – KS4)
- Language and RE classes
- Sports, martial arts and recreational activities

We have the following positions available:

Senior Supplementary School Teacher Salary: £15 per hour Hours: 8 hours per week	REF YA001
Math/English/Science Tutor (KS2 – KS4) x 2 positions Salary: £12 per hour Hours: 7 hours per week	REF YA002
Supplementary School Teaching Assistants x 2 positions Salary: £10 per hour Hours: 8 hours per week	REF YA003
Senior R.E & Arabic Teacher Salary: £15 per hour Hours: 8 hours per week	REF YA004
R.E & Tajweed Tutor Salary: £12 per hour Hours: 7 hours per week	REF YA006
Senior Martial Arts Coach Salary: £15 per hour Hours: 2 hours per week	REF YA007
Boxing Coach Salary: £13 per hour Hours: 2 hours per week	REF YA008
Female Karate Coach Salary: £13 per hour Hours: 2 hours per week	REF YA009

To apply:

For more information or job descriptions, please visit the Osmani Trust website
www.osmanitrust.org/vacancies

Please send a CV and cover letter stating how you meet the job specification to:
mohammed.yahiaoui@osmanitrust.org

Closing Date:
Friday 9th August 2013 5pm

Interviews will be held on week beginning 12th August 2013

Successful candidates will be subject to an enhanced DBS/CRB and satisfactory references

Should you have any questions or queries please contact:
Abu Mumin on:
020 7247 8080 ext. 709
Osmani Trust, Osmani Centre,
58 Underwood Road,
London E1 5AW

Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



Senior Practitioners (x2) – Adults' Social Care

£39,621 - £43,152
per annum

Education, Social Care and Wellbeing Directorate
Ref: ESW00108 | Closing date: 11.08.13

Social Workers (x4) – Adults' Social Care

£31,152 - £40,506
per annum

Education, Social Care and Wellbeing Directorate
Ref: ESW00107 | Closing date: 11.08.13

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



Somali Muslim Young Men (SMYM)

The SMYM Project has received European Commission funding to enable empowerment, capacity building and leadership within the Somali community in East London, so as to address a wide range of community issues.

Tower Hamlets Somali Organisations Network (THSON), Ocean Community Somali Association (OSCA), Alhuda Cultural Centre and Mosque (ACCM), and Operation Black Vote (OBV) are recruiting for the following positions:

OBV	(Post 1) Project Coordinator 17.5 hours Up to 18 months £15,000 pro rata For further details to obtain job application for post 1 and to send your completed application form, please contact via email: francine@obv.org.uk www.obv.org.uk
THSON	(Post 2) Administration Officer 17.5 hours Up to 18 months fixed term £9,300 pro rata (Post 3) Engagement Officer 17.5 hours Up to 18 months fixed term £17,000 pro rata
ACCM	(Post 4) Senior Sessional Worker 17.5 hours Up to 18 months fixed term £9,300 pro rata (Post 5) Sessional Worker 17.5 hours Up to 18 months fixed term £8,850 pro rata
OSCA	(Post 6) Engagement Officer 17.5 hours Up to 18 months fixed term £15,800 pro rata (Post 7) Project Manager 17.5 hours Up to 18 months fixed term £18,500 pro rata

To obtain the job description and application form for post 2-7 please visit www.oceansomali.org.uk

To apply please send your completed application form to Amina Ahmed, via email at amina@thson.com or post to
THSO, 18 Victoria Park Square London E2 9PF
Closing date: 16.08.2013, 5pm
Interviews will start from 23.08.2013



Osmani Trust Career Opportunities

The Osmani Trust is a youth and community organisation based in the heart of Tower Hamlets. The Trust offers a wide range of community, health and sporting initiatives tailored to meet the needs of the local community. It aims to provide a holistic service, which helps people, particularly those living in disadvantaged urban communities to re-engage with mainstream society and improve their quality of life. We are looking to fill the following positions:



Health Trainer / Health Promotion – Ref: OT1

P/T – 25 hours per week
Salary: £13,715 per annum (inclusive of ILW)
Contract: Fixed term until 31st March 2014 (Renewable subject to funding and performance)
Closing date: 02/08/2013 – 5pm

For this position, we are seeking someone who is willing to learn and lead on some of our men only healthy lifestyle activities which includes group based exercise sessions, healthy eating workshops and one-to-one client support. The role will require awareness on cultural sensitivity, good level of customer service and organisational skills.

Finance Manager / Finance and HR Manager – Ref: OT2

F/T – 37.5 hours per week
Salary: £25,000 - £33,000 per annum (inclusive of ILW)
Contract: Until 31st March 2014 (Renewable subject to funding and performance)
Closing date: 09/08/2013 – 5pm

For this position, we are looking for a Finance Manager to undertake the day to day management of financial accounting and payroll processes with direct line management responsibility for one Finance Administrator. The day-to-day management of HR functions is an optional additional role alongside that of Finance Manager. Your responsibilities include preparing management accounts, partnering with managers to monitor spend and income, preparation of accounts, budgets, cash-flow and forecasts. We are looking for a person who is a part qualified ACCA/ CIMA or equivalent with experience and who has previously worked in management accounting.

Osmani Centre Manager – Ref: OT3

F/T – 37.5 hours per week
Salary: £25,000 - £30,000 per annum (inclusive of ILW) depending on skills and experience
Contract: Until 31st March 2014 (Renewable subject to funding and performance)
Closing date: 02/08/2013 – 5pm

The Osmani Centre is a purpose built youth and community centre for the people of Tower Hamlets. The centre is a warm, welcoming place for many community and business users and has fast become a well-used and versatile community hub. The Centre Manager is at the very heart of the centre, responsible for its day to day management, maintenance and development. We are seeking a dynamic person, who is able to lead an established events and premises staff team. The Centre Manager will be responsible for implementing new ideas to keep improving customer service and business performance through sales and promotion of the centre. The post holder will also need firm business skills, be self-reliant, energetic and able to prioritise activities.

For more information and to apply for these and other career opportunities, please visit the Osmani Trust website www.osmanitrust.org



LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Unit 2, 9-25 Mile End Road, E1 **PA/13/1474/SHA**

Variation of Condition 2, of planning permission dated 21st July 2011, reference number PA/11/01360, for retrospective change of use from existing A1/A2 (retail) to mix use A1/A3 (deli/cafe) with no associated flue or plant equipment

Variation Sought: Extension of the opening hours of A1 (retail use only) to the following times: - 08:00am hours to 23:00pm hours on Monday to Saturday - 10:00am hours to 22:00pm on Sunday or Bank Holidays (condition 2) pursuant to planning permission dated 21st July 2011, reference number PA/11/01360.

32-40 Hackney Road, London **PA/13/1553/ADW**

Erection of an additional roof storey at 4th floor level to provide 1 x 1 bedroom flat and 2 x 2 bedroom flats (Use Class C3).

190A Brick Lane, London, E1 6SA **PA/13/1541&1542/AWA**

Remodel and extend the existing building to create a new basement retail space; a new lower ground and upper ground floor duplex residential apartment; extend the existing First floor level to create a new dual aspect residential apartment; extend the existing second floor level to create a new dual aspect residential apartment; add a new third and fourth floor, set back from the Brick Lane frontage and also set back at the rear, to create a new duplex residential apartment.

233-235 Mile End Road, London, E1 4AA **PA/13/1574/BBE**

Application for a new planning permission to replace an extant planning permission in order to extend the time limit for implementation. Conservation area consent for the demolition of existing two storey building.

Planning application reference number PA/10/01311. Dated 19 August 2010

Former, 46-52 Fairfield Road, London **PA/13/1560/SAE**

Use of the ground floor for either Class A1 (Retail), Class A2 (Financial & Professional Services), Class B1 (offices), Class D1 (Non-residential institutions) or Class D2 Assembly and Leisure).

Flat 41, Dundee Court, 73 Wapping High Street, London, E1W 2YG **PA/13/1098/SHT**

Replacement of timber glazed external doors and window with aluminium double glazed doors and window. Replacement of inset dormer flank tile hung cladding with painted render.

337 Commercial Road, London, E1 2PS **PA/13/1479/AWA**

Redevelopment of existing building, adding additional floors to both front and rear resulting 5-storey at the front and 3-storey to the rear of the building with amenity space at the roof.

249 Globe Road, London, E2 0JD **PA/13/1480/PLA**

Change of use of restaurant (Use Class A3) to a two bedroom live/work unit (sui generis). Erection of rear extension at 1st floor level and erection of rear dormer.

Dundee Court, 73 Wapping High Street, London **PA/13/01578/MCH**

Advertisement Consent for plasma screen suspended internal to listed building.

2 Pecks Yard, London, E1 6QS **PA/13/1481/ADW**

External alterations to include the erection of 'A-Frame' roof, incorporating six conservation roof lights, increase in height of opening at second floor level and removal of existing projecting balconies and installation of Juliette balconies at first and second floor level.

11 West India Dock Road, London **PA/13/1599 & 1664/MAS**

Application to extend the time limit for implementing an extant planning permission 21/09/2010, planning ref: PA/10/01422 for "Demolition of existing dilapidated garage and erection of new 5 storey housing development comprising

5 flats and a cafe at ground level and refurbishment of existing Grade II listed building including demolition of existing lift shaft and creation of exhibition spaces, artist studios (workshops) and a bar."

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

9 Tredegar Road, London, E3 2EH

PA/13/01526/PLA

Erection of a single storey rear extension.

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 29th July 2013

OWEN WHALLEY

HEAD OF PLANNING AND BUILDING CONTROL



It could affect YOU!

You should always take note of a public notice. It is a legal notice to inform the public of a change that could affect them short term or on a permanent basis. It could be anything from a change to a building to the construction of a building. It could be a notice of insolvency of a company you have dealings with or the closure of a footpath you regularly use.

TAKE NOTICE OF PUBLIC NOTICES!



LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Cutty Sark House, Undine Road, London

PA/13/1606/KCO

Demolition and redevelopment of Cutty Sark House to provide 36 dwellings in two buildings of four and five storeys, together with landscaping, four disabled parking bays and associated works.

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 29th July 2013

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



LONDON BOROUGH OF TOWER HAMLETS

ARTICLE 13 OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATION:

ADDRESS:

Land Bounded By Park Place, PA/13/01455 (FPP) & PA/13/01456 (LBC)
Westferry Road & Heron Quay Road, (Newfoundland) London

I HEREBY GIVE NOTICE THAT SOUTH QUAY PROPERTIES LIMITED ARE APPLYING FOR PLANNING PERMISSION FOR THE FOLLOWING:

PA/13/01455 (FPP)

Erection of a 58 storey and linked 2 storey building with 3 basement levels to comprise of 566 residential units (use class C3), 7 ancillary guest units (use class C3), flexible retail use (use class A1-A4), car and cycle parking, pedestrian bridge, alterations to deck, landscaping, alterations to highways and other works incidental to the proposal.

PA/13/01456 (LBC)

Alterations to the Grade I Listed dock wall in order to enable the erection of 58 storey, plus basement level residential building consisting of the removal of later additions of the wall, and the making good and repair of sections of the wall.

The proposed development does not accord with the provisions of the Tower Hamlets Unitary Development Plan.

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, 5 Clove Crescent, London, E14 2BG.

Any person who wishes to make representations relating to this application should do so in writing, within a period of 14 days from the date of publication of this notice to the Head of Planning at the above address.

Dated 29th July 2013

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



LONDON BOROUGH OF TOWER HAMLETS

THE TOWER HAMLETS (PRESCRIBED ROUTE) (NO.1) EXPERIMENTAL TRAFFIC ORDER 2013

1. NOTICE IS HEREBY GIVEN that on 22nd July 2013, the Council of the London Borough of Tower Hamlets made the above mentioned Order under section 9 of the Road Traffic Regulation Act 1984, as amended by section 8 of and part 1 of schedule 5 of the Local Government Act 1985.

2. The general effect of the The Tower Hamlets Experimental Traffic Order 2013 will be, for an experimental period to prohibit vehicular traffic from entering, stopping or proceeding in the following streets listed below to accommodate "Brick Lane Summer Saturdays":

a) Osborn Street & Brick Lane between its junction with Whitechapel High Street and its junction with Buxton Street;

b) Woodseer Street, Princelet Street, Chicksand Street, Fashion Street, Fournier Street, Heneage Street, Frostic Walk and part of Hopetown Street.

3. The general effect of the experimental order, for an experimental period will also be:

a) To impose a two-way working in Osborn Street and Brick Lane between its junction with Whitechapel High Street and Buxton Street to allow access insofar as reasonably possible;

b) To impose a two way working in side roads adjoining Brick Lane listed in 2[b] above will be suspended to allow access to properties;

c) To prevent vehicular traffic proceeding in Whitechapel High Street or Whitechapel Road from turning left or right into Osborn Street.

4. A copy of the Order which will come into operation on Saturday 10th August, Saturday 17th August, Saturday 24th August and Saturday 31st August 2013 from 14:00 hours until 03:00 hours and can be inspected by appointment at Communities, Localities and Culture, Transport and Highways Department, Mulberry Place P.O. Box 55739 London E14 2BG.

5. If the provisions of the Order continue in operation the Council will consider in due course whether the Order should be reproduced and continued indefinitely by means of an Order under Section 6 of the above Act. Persons desiring to object to the making of the Order under Section 6 may, within the afore-mentioned period of 6 months, send a statement in writing of their objection and the grounds thereof to the Service Head, Public Realm at the address in [2] & [3] above.

6. Any person desiring to question the validity of the Order or of any provision provided therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act or Local Government Act, or that any of the relevant requirements thereof or any relevant regulations made thereunder have not been complied with in relation to the Order, may within six weeks of the date on which the Order is made, make application for the purpose to the High Court.

Dated: 29th July 2013

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM

Public & Legal Notices

Why you should read these.

Public & Legal notices could effect you in many ways. These notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency, notices to creditors, missing beneficiaries etc.

To reserve your space in East End Life, please contact us by 12 noon on Tuesday prior to the publication date.

eastendlife

LONDON BOROUGH OF TOWER HAMLETS

ARTICLE 13 OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATION:

ADDRESS: Flat 7, Colmans Wharf,
45 Morris Road, London, E14 6PA

PA/13/1060/FDA

I HEREBY GIVE NOTICE THAT CAROLINE STALKER IS APPLYING FOR PLANNING PERMISSION FOR THE FOLLOWING:

Change of Use from Residential only to Residential and/or Live/Work.

The proposed development does not accord with the provisions of the Local Plan.

The application and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, 5 Clove Crescent, London, E14 2BG or at www.towerhamlets.gov.uk

Any person who wishes to make representations relating to this application should do so in writing, within a period of 14 days from the date of publication of this notice to the Head of Planning at the above address.

Dated 29th July 2013

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



To place your advert in East End Life, call
Chris on 7364 4994, Laura on 7364 0946,
Terri on 7364 4682 or Fatima on 7364 4623



Get to grips with the oval ball

Millwall Rugby Club is running sessions for youngsters throughout the summer holidays. They are free to girls and boys aged seven to 11, every Friday at Millwall Park, on the Isle of Dogs.

WWW.MILLWALLLIONS.COM

Get in shape

Our listings show the many ways to improve your fitness in the borough. So why not try something new?

SEE BELOW

Sport

Leisure centres

John Orwell Sports Centre

Tench Street, Wapping, E1W.
7488 9421

Langdon Park Leisure Centre

35 Byron Street, Poplar, E14
SHOKK Youth Fitness Centre.
7987 3575

Mile End Park Leisure Centre

190 Burdett Road, E3.
8709 4420

Mile End Park Stadium

Rhodeswell Road, Poplar, E14.
8980 1885

St George's Pools

221 The Highway, Wapping E1W.
7709 9714

Tiller Leisure Centre

Tiller Road, Isle of Dogs, E14.
7987 5211

Whitechapel Sports Centre

55 Durward Street,
Whitechapel, E1.
7247 7538

York Hall Leisure Centre

5-15 Old Ford Road, Bethnal
Green, E2.
8980 2243

Keep fit

Body conditioning

Thurs, 6.15pm. Shadwell Basin
Centre, Glamis Road, E1.
07961 951522

Coaching for juniors

Badminton & volleyball. Ages
9-16, all levels welcome. £1.
Sats, 12-2pm. Handball. for ages
9-16. £1.Sats 2-3.30pm. Bethnal
Green Academy Sports Centre,
Gosset Street, E2.
7920 7937

Fitness Boot Camp

Sat 9.30-10.30am at Mile End
Park, Grove Road, E3.
07946 312102

Hatha yoga class

Sats 9am at Yoga Place,
Bethnal Green Road, E2.
07905 944314

Keep fit

Weds, 10.15-11.15am, crèche
available. Lansbury Lodge,
117 Ricardo Street, E14.
7515 7471

Enjoy that Friday rugby feeling

Rugby

MILLWALL Rugby Club have started their weekly free sessions for kids during the summer holidays.

Rugby Fridays are free to boys and girls aged seven to 11.

The sessions are suitable for both complete beginners and players who have played the sport before.

Qualified Rugby Football Union coaches are in charge of proceedings, which take place from 10.30am-2.30pm at Millwall Park, on the Isle of Dogs.

Youth chairman Scott Vinnicombe said: "Rugby Fridays offer children the chance to learn a fun sport that promotes teamwork, discipline and respect, while encouraging healthy living and exercise."

For more information, visit www.millwalllions.com



Keep fit

Weds, 11.45am-12.45pm. St
Hilda's East Community
Centre, 18 Club Row, E2.
7739 8066

Martial arts

Adults/junior kickboxing: Tues,
6.30-7.30pm; senior ju-jitsu
(male & female), Tues, 7.30-
9pm; adults/junior kickboxing
self-defence, Weds, 6.30-
7.30pm; seniors kick/Thai
boxing (male & female), Weds,
8-9.30pm. Shadwell Basin
Project Centre, Glamis Road, E1.
07811 105620

Personal training

Get fit, lose fat, tone muscles.
Unit 1, Simon House, Limehouse
Studio, 566 Cable Street, E1W.
07900 216005

Pregnancy yoga classes

Small group and private tuition.
Suitable for mums-to-be from
14 weeks onwards. Call Claire.
07958 645978

Seniors exercise

Mons, 1.30pm, line dancing;
Tues, 10.45am, workout.
London Dockers Club,
6 Boulcott Street, E1.
7790 3785

Step 'n' tone

Tues, 7pm. Shadwell Basin
Centre, Glamis Road, E1.
07961 951522

Taekwondo

Beginners welcome. Adults &
juniors. Tues 6.30-8pm and
Sun 1-3pm at Langdon Park
Sports Centre, Byron Street, E1.
8310 1469

Tai Chi

Daily, for health and self
defence. 449-453 Bethnal
Green Road, E1.
7033 3993

Tai Chi for beginners

Mons 6.15-8.15pm and
Sats 9.30-11.30am at Roland
Philipps Scout Hall, Aylward
Street, E1. Also, Fri 6.30-8.30pm
at St Barnabas Church,
corner of Grove and Roman
Road, E3. £7.
07748 985209

Women's keep fit

Tues & Thurs, 10.30-11.30am,
£2. Garret Centre, 117 Mansford
Street, E2.
7739 7241

Women's keep fit class

For all ages. Sats, 1.30-3pm.
Diesel Gym, Top Floor, Simon
House, Butchers Row, E1W.

Angel yoga

Kundalini yoga for beginners
every Tues, 7.30-8.45pm. £9.
St Hilda's Community Centre,
18 Club Row E2.
07890 909928
satkartarkaur@rocketmail.com

Yoga

Hatha yoga, women only, Sats,
11.45am-1pm. Warrior power
flow, Mons 7-8.15pm. Deep
yoga flow, Sats 11am-12.15pm.
£7.50. The Threshold Centre,
1 Ada Place, E2.
7729 2961 or 07932 576333

Zumba classes

Every Weds, 7.30-8.30pm. £5.
Tredegar Community Centre,
333 Morville Street, E3.
07884 168176

Zumba Fit

Fun, energetic class. All levels
welcome. £5. Every Weds, 6.30-
7.15pm. Bow Methodist Church,
1 Merchant Street, E3.
07592 140590

Sport

Crickets coaching

Under-11s and U13s – Weds,
4-5.30pm; U16s – Tues, 4.30-
6pm; 16+ – Thurs 5-8pm.
Dockland Settlements,
197 East Ferry Road, E14.

Berner Football Academy

Under-12s, part of TH Youth
League. Matches on Sat, train
on Sun. Christian Street Ball
Court, Berner Estate, E1.
07960 434110

Football training

Sat, 9-11am for boys and
girls aged 5-11, Mulberry School

for Girls, Richard Street, E1; 12-
1pm for ages 3-5. St Patrick's
School, Dundee Street, E1W.
07956 095218

Kibondo

Martial art for age 6 and over.
Mons, 6.30-8pm. Fri, 6.30-
7.30pm, children; 8-9pm, adults.
£3.50 adults, £2.50 children, first
lesson free. Teviot Centre,
Wyves Street, E14.
07956 428654

Kickboxing and self-defence

£5 per class. Suns, 1pm;
Tues, 7pm (women only).
Whitechapel Sports Centre,
Durward Street, E1.
07952 872362

Kung fu

Wong Shun Leung system of
ving tsun. Weds, 8-9pm. £7,
adults only (kids classes soon).
St John's Church Hall, 200
Cambridge Heath Road, E2.
07930 609379

Kung fu and self-defence

Mon, 7.30-9pm. 2nd floor,
56-60 Nelson Street, E1.
07947 126852

Kung fu fitness

Mons 7-9pm. Bryant Street
Methodist Centre, Stratford, E15.
07950 637345

Muay Thai for women

KO London, 186 The Arches,

Globe Road, E2. Sat 3-4.15 £7
concs, £9 waged.

7265 9693

Multi Sports

Every Sat, 2-5pm. For ages
11-19. George Green's School,
100 Manchester Road, E14.
7987 6032

Netball

Arbour Netball Club train at
the Parkside Leisure Centre at
Mulberry School, Commercial
Road, E1 every Monday night.
01277 811772

Rugby – men, women, youths

Millwall Rugby Club. Suns,
10.30am-12noon (youth);
Mons, 7.30-9pm (adults);
Weds, 7.30-9pm (men);
Thurs. 6.30-7.30pm (boys
aged 7-17); Thurs, 7.30-9pm
(women all ages).
07963 5833655

Sun kune do

Mons, 7-8.15pm. Adults £4.50,
ages 10-16, £3.50.
Lifra Hall, 7 Halley Street, E1.

Table Tennis Club

Every Sat, 10am-12pm. For ages
11-19. George Green's School,
100 Manchester Road, E14.
7987 6032

Taekwondo classes

Taster class £5 for adults,
£3 for ages five to 14. Normal
price £50/£40 per month.
Easy Studio, 60-64 Kingsland
Road, E2.
7033 4660

Women's football

Train with East London Ladies
FC at Whitechapel Sports
Centre, Durward Street, E1.
Mon, 8-9pm, ages 16+. Free.
www.eastlondonladiesfc.co.uk

Women's running

Network Group. Weds, 6.30pm.
Mile End Stadium, Rhodeswell
Road, E14.
07958 368070

Women's self-defence

Mons, 7-8.15pm, £5 adults/
£3.50 children. John Orwell
Sports Centre, Tench Street, E1.
07949 597965

Email listings to eastendlife.news@towerhamlets.gov.uk

On the front foot

St Paul's Way's under-15 cricketers are celebrating after winning the Tower Hamlets Championships.

SEE BELOW



Hungry for more success

"I am aiming to challenge for the world crown in November and next year I will go back to Miami to defend my Mr Universe Musclemania title just to prove it was no fluke."

TYRONE OGEDEGBE

Sport

Tyrone muscles in on bodybuilding glory

BY PETER FAULKNER

WHEN Tyrone Ogedegbe took up bodybuilding at the end of 2011, he did it because he had pride in his appearance and was passionate about fitness.

But Dan Parker, a trainer at Tyrone's Fitness First gym, saw something else in the 29-year-old investment account manager.

So he invested some time in Tyrone's training and, in less than a year, he turned Tyrone, from Lancaster Drive, Blackwall, into a universal champion.

First he won the Mr Britain crown after less than a year in the gym and now he has defied all the odds by going to Miami and winning the Mr Universe Musclemania crown – less than two years after his first serious trip to the gym.

Now the world is his oyster, and in November, Musclemania are flying him on an all-expenses paid trip to Los Angeles to see if he can make it a hat-



Tyrone with his trainer Dan Parker

trick of major titles by winning the Mr World crown.

"Musclemania is one of the toughest natural bodybuilding titles to win so to get that honour after such a short time in the sport is amazing," said Ty-

rone, who is sponsored by Reflex Nutrition.

"I only took up bodybuilding because my work in the West End keeps me busy from 9-6 and I needed a release during the evenings.

"As I was passionate about fitness, bodybuilding seemed the perfect route.

"The message is that anyone can achieve what ever they put their mind to with hard work, dedication and belief.

"I can only thank Dan Parker for the belief he showed in me and the time he has spent getting me to the top of the bodybuilding ladder and my sponsor, Reflex Nutrition, who supplied me with the right supplements to take my physique to the next level."

Tyrone is keen to build on his success so far, by winning more tournaments and defending his titles.

"Winning the Mr Universe title leads to plenty of sponsorship offers so who knows what the future holds for me.

"Now I am aiming to challenge for the world crown in November and next year I will go back to Miami to defend my Mr Universe Musclemania title just to prove it was no fluke and see if I can complete the double."

Song hits all the right notes

Victoria Park Community Cricket League round-up

CHINATOWN opener **Song's** batting is like music to the ears of his team mates.

He cracked another half century in his latest innings – his fourth in three weeks.

But while his run spree is something to be applauded, the best performance of the week came from **Soyfur** of **Tower Hamlets** who hit a magnificent 75 runs in the league to add to the half-century he scored the week before.

■ Tower Hamlets v Old Falloprians

Tower Hamlets bounced back strongly after losing their cup semi-final a week earlier, despite scoring 186 runs – usually a winning innings.

They turned on the style to post a daunting 218-7 against Old Falloprians. Soyfur was the hero of the day with a stunning 75 runs while James, 44 not out, Rahat, 36, and Jubayed, 29, provided excellent support.

A fine 52 from Freddie Barrass was the highlight of Old Falloprians' innings, but they were eventually blown away for 111-7.

■ Chinatown v Martians

Martians won the toss and decided to bat first and an unbeaten 50 from Hari steered them to 141-4.

Cam added 27 and Wang took 2-34.

Once again though Song was the star of the show. His unbeaten 51, ably supported by Charlie, also unbeaten on 49, helped Chinatown reach their target for the loss of only two wickets.

■ Sky v Nightwatchman

Nightwatchman batted first but were never able to handle the bowling of Inayat, who finished with figures of 4-23 as the score reached 134-7.

Sky were in total control and Amir hit 38 not out, all-rounder Inayat contributed a worthy 32

and 26 not out from Nozmul Hussain took Sky to 136-2 and an easy five wicket win.

■ Masiha v Homerton

Masiha batted steadily and Mac 27, Harry 26 not out, Amar 21, Majid 21 not out, enabled them to reach 134-6.

Homerton's Richard slammed a brilliant 50 not out, but it was not enough to claim victory and they were 112-5 at the close.

■ Bengal Tigers v Wrong'uns

What a nail-biter this turned out to be. Bengal Tigers batted first and reached 157-4 with steady batting from RJ, 46 (thanks in part to great sportsmanship by Wrong'uns, who recalled him after he walked when he thought he had been caught behind), plus 37 extras.

Wrong'uns came close thanks to 57 from Mike, but he was caught behind by RJ (his fourth catch of the match) with the side needing three runs to win off the last ball.

■ Junoon v Contenders

This was a whitewash. Junoon batted first and knocks from Sarfraz Ahmed 50, Hassan Mahmood 50 and Waleed Khan 43 took the side to 199 for the loss of only one wicket. Contenders never really looked like getting near the target and were dismissed for 86-7.

■ Tawheed v New Boys

Tawheed got back to winning ways after a poor run. Thanks to Arshad Ali, 50 not out, and Ibrar Ahmed, 8, they reached 159-2. New Boys failed to keep up with the required run rate and ended on 125-6.

■ Dynamite Ducks v Island Community

Island Community, batting first, scored 164-2 with Jones unbeaten on 52. But Dynamite Ducks were in sizzling form and Hussy 53 not out, and Boom Boom, 51 not out, steered them to victory for the loss of just two wickets.

Muhitul sets up St Paul's Way win

Cricket

ST PAUL'S Way pupils can claim to be the best cricketers in the borough after winning the Tower Hamlets Championships.

The under-15s faced Stepney Green in the final and, after winning the toss, St Paul's put Stepney Green in to bat.

The Stepney boys put on a score of 98, Muhitul Islam taking five wickets.

St Paul's set about the chase well, with Nazmul Ahmed scoring 24 runs. Muhitul was again the star man, adding 35 runs before retiring.

St Paul's raced towards their target, and needed just eight runs to win from three overs.

But Motiur Rahman was in no mood to take his time and drove consecutive boundaries through the covers to win the match.



The St Paul's Way players with teacher Leon George



No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to taekwondo.

SEE PAGE 33

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

All aboard for fun on the water

BY PETER FAULKNER

IT'S all hands on deck for the next five weeks as Docklands Sailing & Watersports Centre (DSWC) begins its annual Youth Afloat scheme – a project that was almost wrecked by the London Olympics last year.

This is the tenth anniversary of Youth Afloat and it has catered for an incredible 12,000 local youngsters since DSWC and the Isle of Dogs Community Foundation launched it.

But the popular project was under threat when the annual corporate event staged to raise the £35,000 required for Youth Afloat turned to disaster, because the firms who supported it stayed away due to fears about the transport system being too chaotic during the Olympics.

However, despite losing thousands of



pounds, the DSWC team have still managed to avoid calling off this popular project, which is open to all children aged eight to 16, youth groups and organised summer activity groups in London.

Youth Afloat is an important part

of the charitable work done by the centre.

There are a range of activities available during Youth Afloat, and all equipment is supplied.

The sessions are delivered by a mix

of paid staff and youth volunteers.

Individuals are encouraged to work their way through the various schemes across the programme, with a view to attaining sailing and other water sport qualifications. Youth Afloat

offers sailing, windsurfing, kayaking and canoeing, under the expert tuition of professionally qualified instructors.

Many of the children who attend for one week or more will achieve a formal qualification in one, or a variety, of the different sports.

During the five weeks DSWC sees a mix of children with a variety of backgrounds from Tower Hamlets and other surrounding areas with up to 70 different children attending each week. A child is put afloat 2,600 times throughout the programme.

In the past four years the Youth Afloat programme has seen over 1,200 different children attend a session or repeated sessions.

Dates for Youth Afloat: July 29-August 1, August 5-8, August 12-15, August 19-22, August 25-30.

To find out more email kirsty@dswc.org or call 7537 2626.

Boxing round-up

Repton duo bidding for glory

REPTON starlets **Jimmy Smith** and **Matthew Horn** have been selected to represent Great Britain in two of the most prestigious amateur championships.

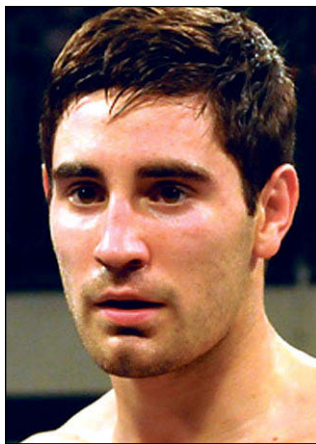
Smith, double schools champion and Junior ABA champion, has been chosen to box in the World Championships in Kiev, Ukraine, from September 5-15.

Horn, who also won a Junior ABA title last season, will be the club's only representative at the European Youth Championships, in Rotterdam, Holland from August 12-19.

It is hoped the classy Smith can go one better than Repton's Ryan Pickard, who reached the final of the championships but finished up with a silver medal after losing to a Russian opponent.

The two selections are further proof of Repton's continued development as a conveyor belt for top class talent, and both Smith and Horn are two of the brightest prospects on the horizon.

Repton were hoping for a hat-trick of championship boxers. **Levi Coates** and **Levi Lee** also took part in the trials, but were not picked because of their ages.



Frank Buglioni

Points win keeps Frank on track

FRANK Buglioni, the one time Repton star, continues to make a name for himself in the professional ranks and is looking every inch a title prospect.

Last Saturday, he registered his ninth win and maintained his unbeaten super-middleweight record, with a points victory over Lithuanian Kirill Psonko, at Wembley Arena.

Psonko arrived with a record of having been stopped in just eight of 37 contests, which suggested he would provide Buglioni with a stern test. And he did just that.

Although Frank was always in control and never looked like

losing, he was made to work hard for a 79-74 success.

Buglioni is still in the learning stage of his career and having had six stoppage successes before this, going the distance will stand him in good stead.

Audley is still hoping

PROMOTER **Frank Warren's** first show at the Olympic Park's Copper Box on September 21 could feature a heavyweight clash between Dereck Chisora and Deontay Wilder.

Warren is making overtures to get the American over here following Chisora's win over Malik Scott at the weekend, but is waiting to see the outcome of Wilder's fight against former world champion Siarhei Liakhovich at Fantasy Springs Resort, California, on August 8.

Meanwhile former Repton amateur **Audley Harrison** believes he should be the man to face Chisora even though his last fight saw him battered in 70 seconds by Wilder, after which he quit boxing.

He tweeted: "I would love some of Delboy's come forward style in September. Great to hear he's in good shape now...come on let's go."

CANARY WHARF GROUP PLC

osmani trust

Tower Hamlets Community CUP '13

SATURDAY 17 AUGUST '13
9 AM - 5 PM
MILE END PARK LEISURE CENTRE

DEADLINE FOR ENTRY: 7 AUGUST '13
ENTRY FEE: £30

5-A-SIDE TOURNAMENT

Season 2013/14

UNDER 11's

UNDER 12's

UNDER 14's

UNDER 16's

For an application pack contact: Sana Miah
 ☎ 0207 247 8080 📞 07903 867 333
 ✉ sana.miah@osmanitrust.org
osmanitrust.org



More inside

For news on boxing, cricket, water sports and bodybuilding see pages...

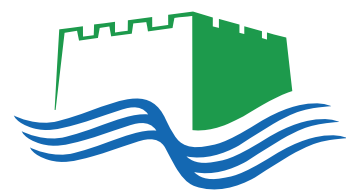
33, 34 & 35



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NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Leo leads way with judo gold

BY TOM SHEEN

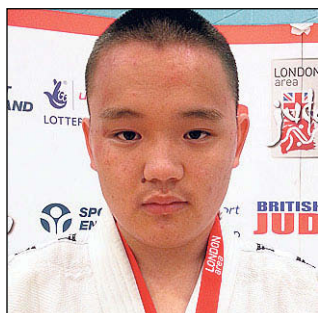
TOWER Hamlets Judo Club came away with a hat-trick of medals in a brilliant performance from the London International Open Judo Championships.

Part of the ranking for the British Judo Association, the two days of non-stop action attracted more than 400 fighters from all over the UK and Europe, on July 13 and 14 at UEL's SportsDock.

Leonardo De Moura Muniz, Islam Thameur and Ernest Turkeev represented the club.

Competing first on Saturday was Leonardo, in the under-16, under-66kg division. Due to having to finish his GCSE exams, Leonardo had been out of practice for six months, only returning to training from the start of June.

But the reigning Tower Hamlets judo player of the year did not disappoint, winning all five matches to take the gold medal.



Ernest Turkeev



Islam Thameur

The final was a keenly fought contest against an opponent that Leonardo had lost to earlier this year at the British Championships, but he was able to exact his revenge in an excellent victory, full of concentration and determination.

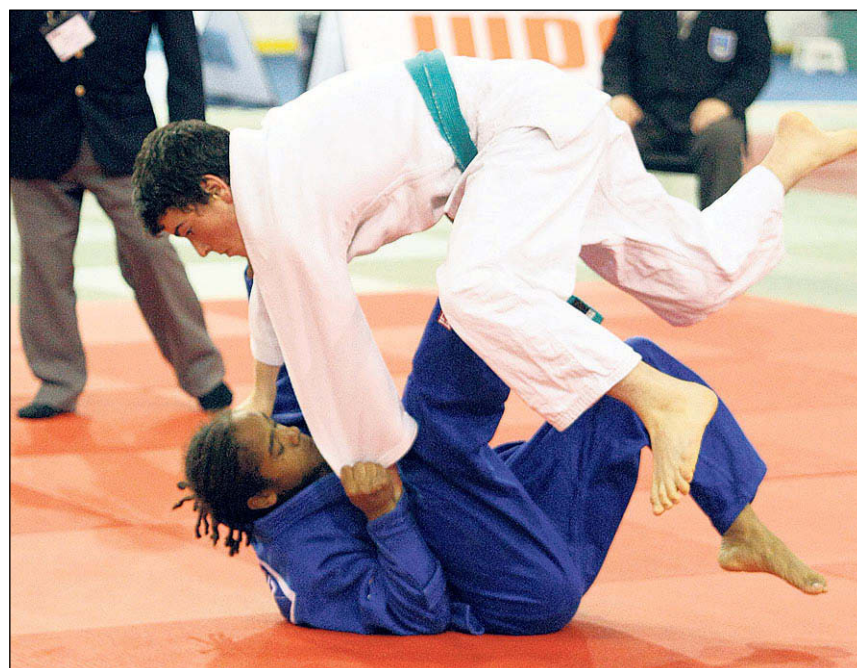
On Sunday, Islam Thameur, competed in the Junior (under-20s), under-66kg division. He had three very difficult matches but was able to prevail and make his way to the final.

Ahead in the contest a moment of distraction cost Islam the gold medal, but it was an excellent performance

to finish with silver. Finally, Tower Hamlets College student Ernest Turkeev, competed in the under-90kg division.

After losing his first contest Ernest was able to regain his form to win his next two matches, eventually finishing with the bronze medal.

Tower Hamlets coach Mariusz Bajda said: "It was a great weekend and a really amazing performance from our team."



Leonardo de Moura Muniz on his way to winning gold

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The younger graduates

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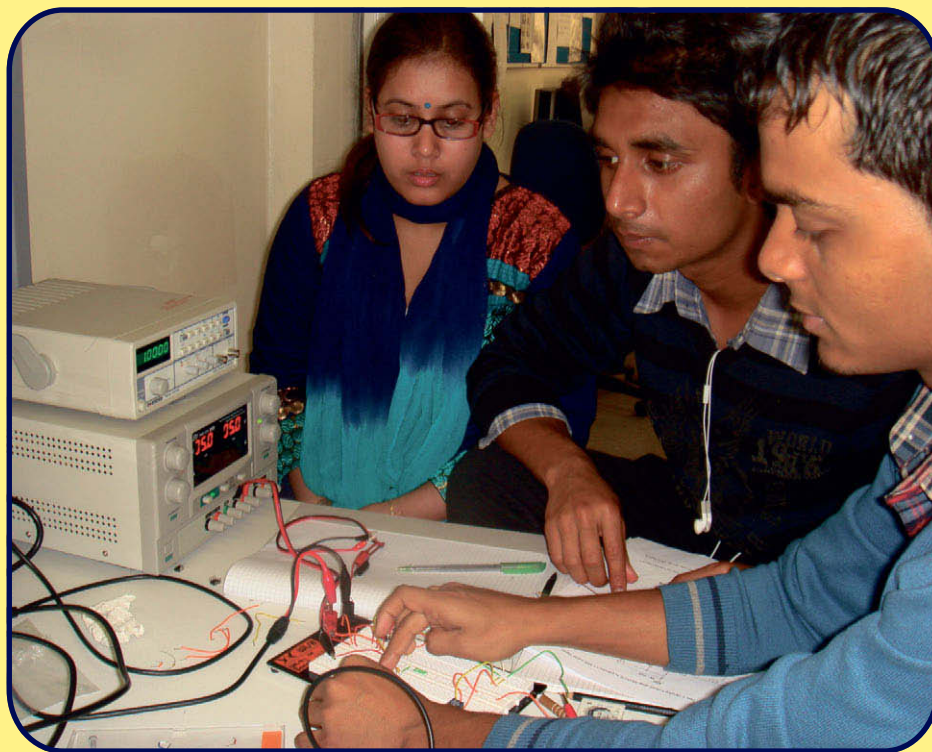
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